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Vegan Food
& LIVING

DECEMBER 2021

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- ✱ Showstopping centrepieces
- ✱ Mouthwatering starters
- ✱ Alternative Christmas cakes
- ✱ Homemade edible gifts

75 PLANT-BASED RECIPES

MUSHROOM, LENTIL & BEETROOT NUT LOAF WREATH – P20

BATCH COOK & FREEZE HEARTY WINTER DISHES

PLANET-FRIENDLY TIPS
Plan ahead to keep your Christmas waste to a minimum

HOW TO...
Make **Boxing Day** leftovers **taste delicious**

HEALING INGREDIENTS
Anti-inflammatory foods you should eat to support joint health

THE DARK SIDE OF COSMETICS
Which of your make-up essentials could be hiding non-vegan origins?

+ Avoiding conflict
Vegan vs asthma
DIY skincare

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Welcome

Here we are, back for part two of our vegan Christmas celebration issues. Last month, we treated you to a delicious sticky toffee Biscoff pudding to finish off your festive feast in style – get your hands on a copy at shop.veganfoodandliving.com if you missed it. This month, we're encouraging you to create a savoury centrepiece to impress. Our favourite choices are the mushroom, lentil and beetroot nut roast wreath on page 21, and for those who love mock meat, the bird roast on page 34 is guaranteed to become a talking point among vegan and non-vegan guests alike.

We also have a fun feature waiting for you on page 30 about creating new traditions. They're all designed to shift the focus from the more material aspects of Christmas and instead encourage you to embrace spending time and making memories with family and friends. If we learnt anything from the events of 2020, it was that few things are more important than being able to do just that. So make the most of celebrating Christmas with your family this year in every way you can. We hope you have a really wonderful Christmas and New Year and we can't wait to continue enjoying your vegan journey with you in 2022.

The Vegan Food & Living Team

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STAR BUY
Vegan Food & Living
Christmas
2022 NOURISH CALENDAR

Join VFL Plus!

Turn to page 28 to join our *Vegan Food & Living Plus* community and get a £20 The Vegan Kind voucher.

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COMPETITION RULES By entering a competition you are bound by these rules. Late entries will be disqualified. Only one entry per person will be accepted. The company reserves the right to substitute any prize with cash, or a prize of comparable value. Competitions are open to UK residents only, except employees of Anthem Publishing and any party involved in the competition or their households. By entering a competition you give permission to use personal information in connection with the competition, for promotional purposes.

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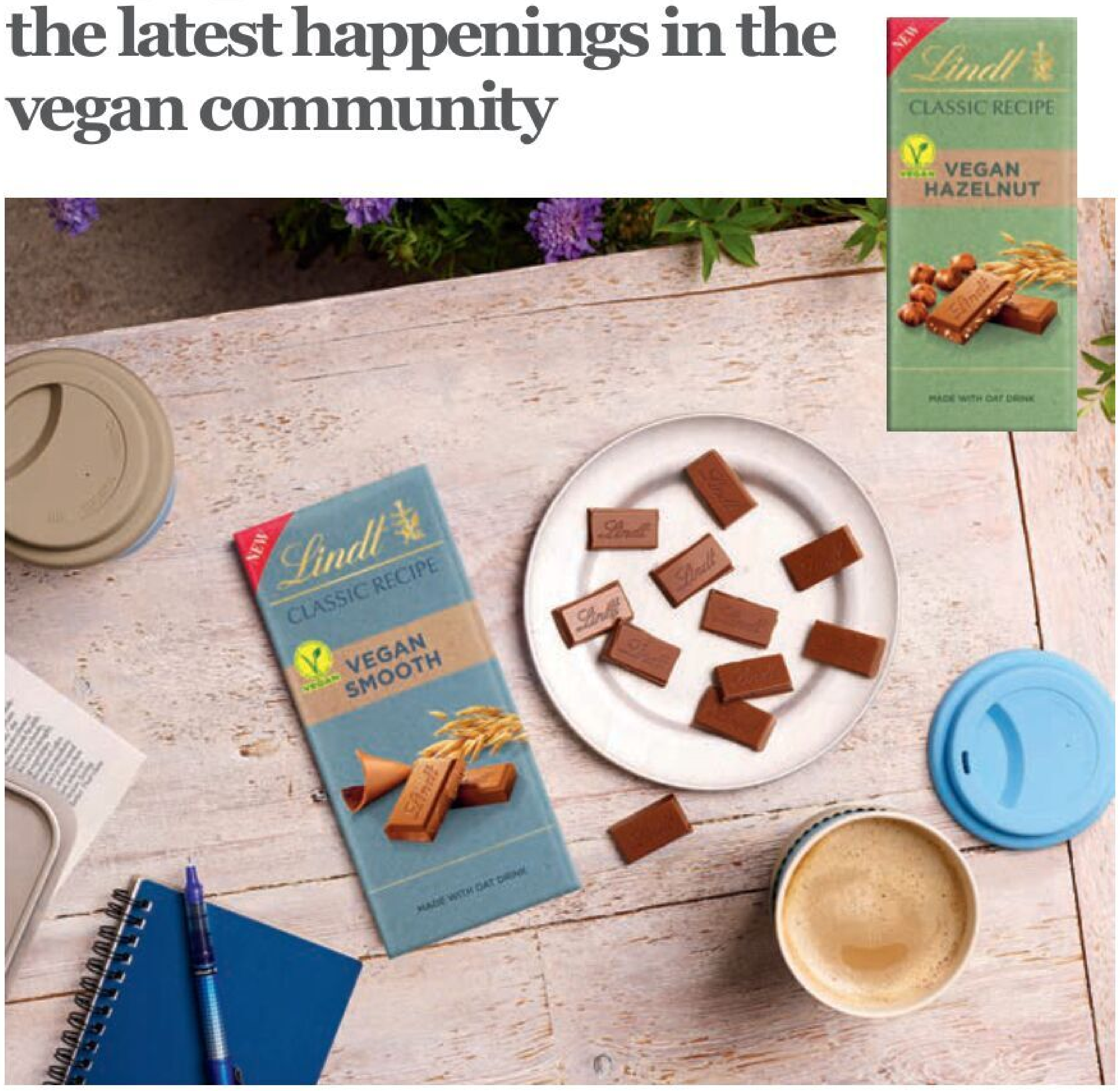
What's cooking

Keep up to date with all the latest happenings in the vegan community



Dreams come true for chocoholics

This month, not one but two leading companies have announced the arrival of vegan versions of their most popular chocolate bars. First up, Cadbury publicly apologised that its offering has taken so long to reach us, but the Cadbury Plant Bar will be available from November in two delicious flavours – Smooth Chocolate and Smooth Chocolate with Salted Caramel Pieces. The new bars are made from a blend of cocoa, almond paste and rice extract to deliver delicious flavour with a smooth texture. The 90g Cadbury Plant Bar will cost £2.50 and be available in Sainsbury's from November and then other supermarkets and newsagents from January 2022.

The second launch comes from Lindt. Again, there will be two bars available from Switzerland's master chocolatiers – Lindt Classic Recipe Vegan Smooth and Vegan Hazelnut. Here, premium cocoa is blended with gluten-free oat drink and smooth almond paste, with the addition of crunchy hazelnut pieces in the hazelnut version. You'll have to wait a little longer for these as they'll be with us from January 2022, priced at £2 per 100g bar. You'll be able to get your hands on them in Sainsbury's, Amazon and at www.lindt.co.uk/shop.

Cadbury
PLANT Bar
Made with ALMONDS
SMOOTH CHOCOLATE
SALTED CARAMEL

Eating Out with this vegan city

Emma and Laura from thisvegancity.com bring us news of plant-based eating options across the UK

SEEDS FOR THE SOUL

Location: 167 Bruntsfield Pl, Edinburgh EH10 4DG
Website: seedsforthesoul.co.uk
Cuisine: Healthy comfort food
Service: Eat in and takeaway

Not far from Edinburgh's pretty meadows sits a cosy eatery called Seeds for the Soul, which, like all great ideas, had its humble beginnings as just a seed itself.

Owners Thomas and Roberta are a couple whose vegan transition came about due to health reasons, quickly followed by a deep dive into animal welfare documentaries. This resulted in a huge life shift, and a business plan to open an eatery that would play to each of their strengths. Roberta's passion for cooking evolved into an exploration of the plant-based world. Soon after securing premises on Edinburgh's busy Bruntsfield Place, Thomas set about designing the eatery that stands today. Resourcefully transferring his skills in construction to reuse the shelves and various materials left behind by the previous owners, the woody interior has a hygge vibe, filled with cosy cushions and walls lined with Roberta's paintings – you can't help but feel at home.

Within a year, this seed of an idea blossomed into a huge success and attracted queues out the door. Their vegan take on comfort food classics and a seitan bacon that's probably the best you'll ever taste, help explain their popularity. Sourcing the highest quality products for their 'prawns', 'calamari' and 'shrimps' is another reason. We also love that, come 11am, you can order a boozy smoothie – why not get tipsy and cleanse at the same time? On a side note, they hold a gold standard for recycling, biodegradable packaging and a food waste system that has recycling companies using them as an example to other businesses.

Roberta and Thomas' latest venture is to franchise the business – seeking like-minded people to take on the brand and propagate their own adventure, so look out for other Seeds for the Soul eateries sprouting up in a town near you.

……

Do you have a favourite vegan restaurant in the UK? Let us know by email to: hello@thisvegancity.com

Website: thisvegancity.com
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white rabbit
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the Vegan MARGHERITA
[100% PLANT-BASED]
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GLUTEN FREE
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WHITE RABBIT LAUNCH THREE DELICIOUS NEW FROZEN PIZZAS!

White Rabbit is launching three brand new frozen pizzas into supermarkets for the first time ever! The Italian food company was founded over 5 years ago by Teo and Nick. They first met each other in the White Rabbit Pub in Oxford. Teo worked as a pizza chef, while Nick pulled the pints. Teo is originally from Bergamo, in Northern Italy. It was here that he gained all his experience to become a pizza maestro. Everything is tasted, created and approved by Teo.

The first of the new frozen range is The Sizzlin' Jackfruit, which is exclusively available in Co-op. For this one, White Rabbit's artisanal gluten-free base is topped with pulled jackfruit marinated in a vegan harissa sauce, with chargrilled peppers and creamy MozzaRisella®. The Vegan Margherita – available in Sainsbury's – is Teo's take on a classic, the award-winning gluten-free base is topped with a generous helping of creamy MozzaRisella, basil pesto and sun-dried tomatoes. The Garlicky Mushroom, also available in Sainsbury's, is a mushroom fiend's dream! This funghi-friendly pizza sees the gluten-free base smothered in a porcini sauce, while topped with garlicky mushrooms and finished with a healthy sprinkling of creamy MozzaRisella.

How super are your greens?

For anyone who isn't a big fan of eating green veg, Super Greens powders can be a great win-win solution to help increase your greens intake. Greens naturally support the body's ability to cope better with our polluted environment and supplement our diet. Greens Superfoods may help, especially if you want to alkalise the body, boost the immune system and get more greens and other nutrient-dense foods into your diet in an easy way. You'll also benefit from the antioxidant and anti-inflammatory properties in Greens that help your body fight infections. Super Greens powders can be a more natural alternative to multivitamins.

Super Greens is made from raw ingredients, making its nutrients appear more natural for our bodies. It's easy to take too, as you just mix the powder with water and a squeeze of fresh lemon or lime, or make it into a smoothie – an ideal combination would be banana, a few frozen chunks of mango or pineapple, a handful of spinach (optional), a cup of plant-based milk and 2 tsp Super Greens (almond or coconut milk are the best). Give them a go at vegatox.com.

VEGATOX
SUPER GREENS
Organic Superfood Blend
250g
50 Servings
VEGAN

Behind the scenes at Viva!

Welcome to Siobhan Dolan's column. Each month she gives us the low-down on the latest news and campaigns from Viva!, one of the UK's leading vegan charities.

Viva! launches Crowdfunder to show vegan TV advert on Channel 4

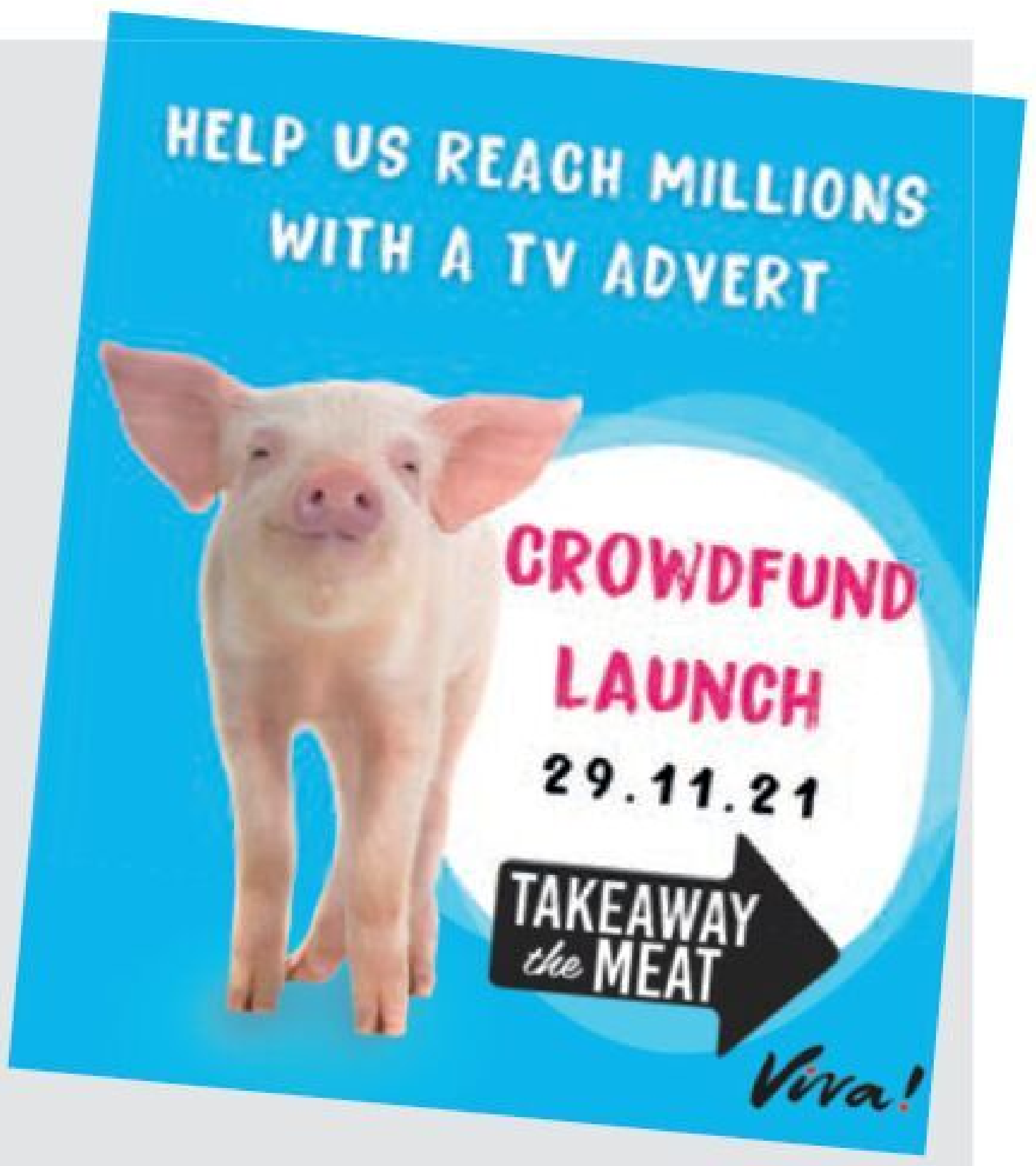
This Christmas, we are doing something radical – we're raising funds to broadcast our first vegan TV advert 'Takeaway the Meat' on Channel 4. Last month we successfully fundraised enough money to create and produce the advert. We were overwhelmed with the response from our supporters and want to say a huge thank you to everyone who donated.

Working with a top film production company has enabled us to create a high-quality TV advert, which will capture the attention of everyone who sees it. At the time of writing, we are putting the finishing touches to the advert and will be sharing it on our social media imminently! We hope you love the advert as much as we do, and agree that it has the power to surprise and inspire people to think about their food choices.

Now we have raised the funds needed to create the TV advert, we are launching a Crowdfunder on 29th November to cover broadcasting costs, so that the advert can be aired on Channel 4 and its associated networks. This will help us to realise the critical part of creating an advert: getting it aired on national television and reach millions of viewers. A budget of £40,000 reaches about 4.4 million viewers. The more we raise, the more we reach!

We are being match-funded by a generous donor up to this amount, and for that we can reach an incredible 8.8 million people.

Now is the time to reach beyond our vegan bubble and go mainstream; TV advertising is the best way for us to do this. Like you, we want everyone to go vegan and that is why we need you to help us deliver this advert at a time when people need to hear this message the most.



Help us takeaway the meat and donate to the campaign today! Visit www.viva.org.uk/tv-ad to donate. Don't forget to look out for Viva!'s articles in *Vegan Food & Living* each month too.

Siobhan Dolan,
Viva!

THERE'S NOTHING FISHY ABOUT SAINSBURY'S NEW PLANT PIONEERS RANGE

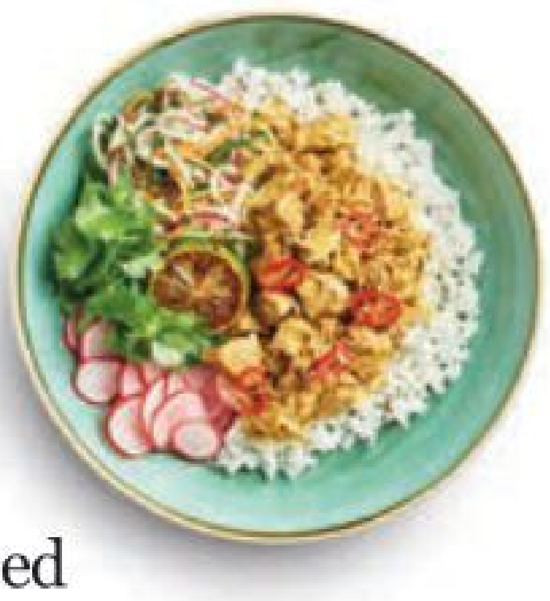
PLANT PIONEERS
NO CHUNA
WITH CHILLI & GARLIC
NO CHUNA
IN VEGAN MAYO

Sainsbury's rapidly growing Plant Pioneers range is constantly pushing the boundaries in plant-based dining and now it is expanding into fish substitutes. In a supermarket first, Sainsbury's has launched a plant-based substitute for salmon with the Plant Pioneers No Salmon Fillet, as well as other popular no-fish revelations such as No Chuna and No Fish Cake. The No Salmon Fillets (£4) are made from a mix of jackfruit and king oyster mushrooms, and are enhanced with seaweed for an added source of omega-3. The tins of No Chuna cost just £1 each and are the perfect addition to any salad or sandwich. The soya protein flakes are available with four dressings – Brine Dressing, Vegan Mayo, Chilli & Garlic and Lemon & Black Pepper. Finally, the No Fish Cakes (£3.25) combine young jackfruit, king oyster mushrooms and potato with a vegan parsley sauce centre and a breadcrumb coating. Head to Sainsbury's to try them all.

PLANT PIONEERS
2 NO SALMON FILLETS

PLANT PIONEERS
2 NO FISH CAKES

Wagamama now 50% plant-based



With the addition of four new vegan dishes to its menu, Wagamama has become the UK's first high street restaurant to give plant-based dishes equal share on its menu. As part of its '2021 Positive Action Plan', Wagamama pledged to make half its menu plant-based by the end of the year, but has met the commitment three months early. Two of the new dishes feature a new vegan 'chicken' alternative that mirrors the taste and texture of pulled chicken, and put it to good use in the new Spicy Teriyaki Vegan 'Chicken' Buns, and Teriyaki Vegan 'Chicken' Ramen. Mushroom and soya 'short ribs' are the protein centrepiece for the new Spicy Vegan 'Short Rib' Ramen, while turmeric and ginger-roasted jackfruit create the base for Shu'S Shiok. Try them now at Wagamama.

OUMPH!
Kebab Döner Style

Oumph Kebab Döner Style takes on the UK

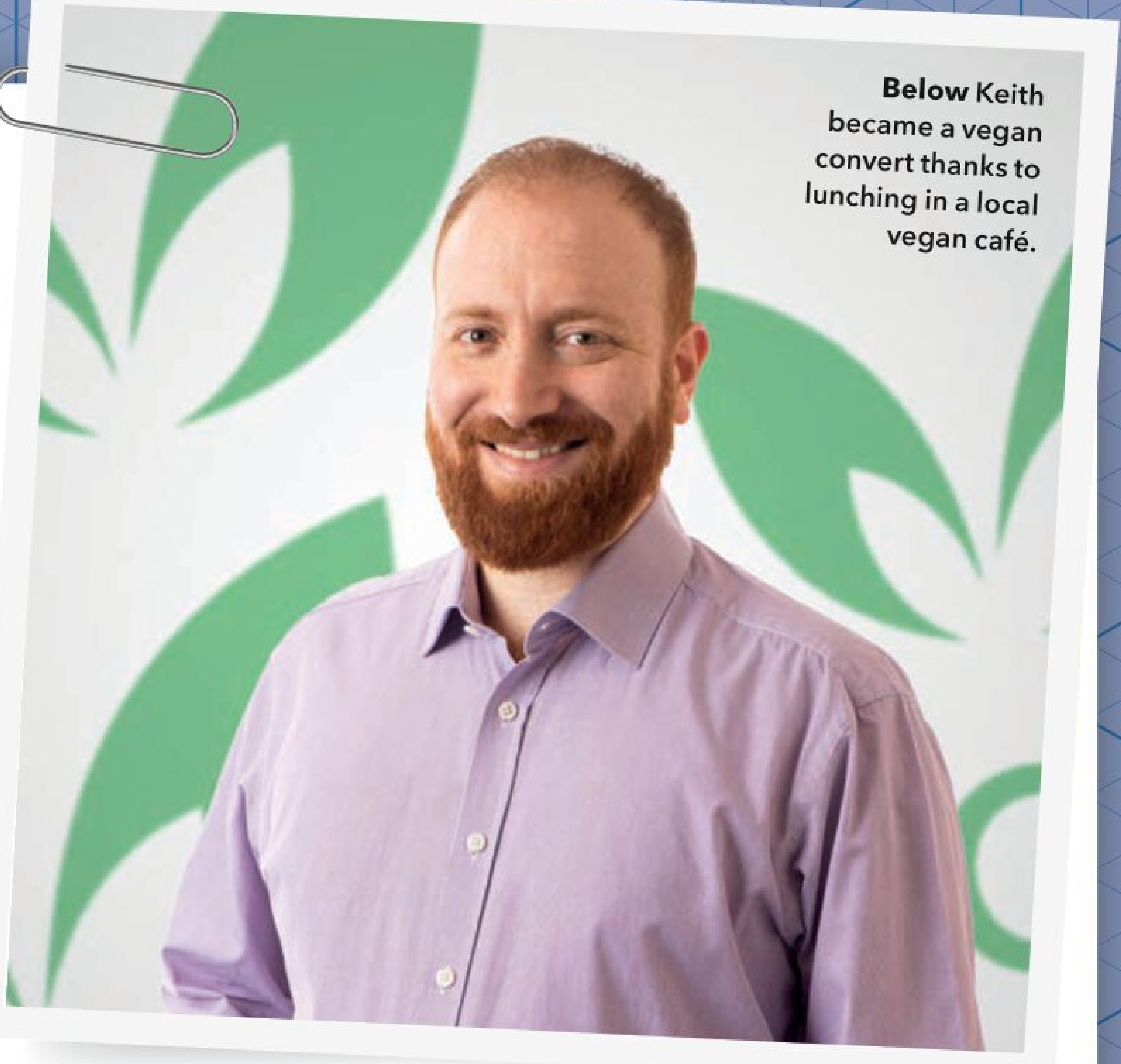
Award-winning Swedish plant-based company Oumph! launched a game changer in Iceland recently with the Oumph! Kebab Döner Style. Made from pea protein and shaved like traditional kebab meat for easy pitta stuffing, it enables you to have an authentic döner experience, with a plant-based twist – it's also gluten-free. After proving popular in Iceland, it has launched into Sainsbury's and is available in Tesco from early November. "The success of Oumph! Kebab Döner Style shows that our product is truly unique", says Henrik Åkerman, Global Brand Lead for Oumph! "It's a hugely versatile product, eat it in a pitta bread, with salad and chips or top your pizza with it. It's the perfect takeaway at home." It's priced at £3 for a 280g packet. Find out more by visiting oumph.uk.

BE BRIGHT, BE SEEN AND SAVE THE WORLD!

Welcome to MFB Activewear, the most colourful, fun, stylish and functional leggings you could own. And the best bit – every pair of MFB Angels are made from recycled fabrics, so not only will you look amazing, you are amazing by purchasing a pair, as you're helping to save our wonderful planet! Every single pair of leggings is made up of an enormous 20 plastic bottles and, as an added bonus, for every pair of leggings sold, MFB will have a tree planted in their honour. It is a firm believer that its printed leggings should do their bit for the planet. With the help of Ecologi, the MFB Forest is rapidly growing, and with every pair of funky leggings sold, it will get even bigger. Designed to cater for all shapes and sizes, you can check out the colourful creations for yourself at wearemfb.co.uk.

Vegan Accountants

Vegan Business Tribe talks to Keith Lesser about how his local vegan café started his vegan journey



Below Keith became a vegan convert thanks to lunching in a local vegan café.

When Keith's family accountancy company took on a new vegan café as a client, Keith would never have guessed that six months later he'd be vegan himself and on his way to running Vegan Accountants. Lisa Fox talks to Keith about his personal vegan journey and how that encouraged him to align his personal ethics with his professional ones.

You first became vegan yourself after a client you were working with introduced you to veganism. That must have been a pivotal moment in both your vegan and career journey...

It was! Idan at Feel Good Café opened his vegan business just around the corner from our office and appointed our company as their accountants. Because I'd always had an interest in health, I found myself gravitating to this new local lunch spot. But Idan doesn't just make great food, he's also passionately vegan and after six months of chatting with him and other vegans in the café twice a week, I found I was becoming more 'vegan friendly' myself. Then I watched *What the Health* on Netflix... and that was me done straight away!

Is it important for businesses to work together with others that share our ethics and values?

In business, you naturally end up connecting with those that you have things in common with – I play racket sports, so equally I have clients who share that passion too! But it makes perfect sense that we gravitate to others who have the same values. I've become increasingly involved in the vegan scene over the last four years and although, of course, I would never take on unethical clients, working with ethical clients is always a joy!

> *"I watched What the Health on Netflix... and that was me done straight away!"*

When starting a vegan business most people start something from scratch, but you already had a successful business with a long-term established client base...

Yes, Lesser & Co has been in business for 30 years, but we had the opportunity to acquire Vegan Accountants from the previous owner and it made perfect sense. We now run it as a vegan department as part of our family firm (we currently have two vegan accountants plus myself) and this allows us to offer the very best service to our vegan clients and the vegans of tomorrow – in fact we have never lost a vegan client! I attribute this to the relationship you make when you have such shared values, and clients really respect this.

What's the best bit of advice you'd give to anyone who is wanting to start their own vegan business? Apart from get a good accountant, obviously!

Join Vegan Business Tribe of course! Also, I think the biggest thing is working backwards: What do you want to achieve and why? Who do you want to work with and how do you want to spend your days? Can you get help so that you can focus on your strengths and let others do what doesn't require your skills, but at a lower cost?

Lisa Fox says: "Sometimes having a vegan business doesn't mean having to start a brand new company. If you already have a successful business, then it's possible, and sometimes preferable, to move that company towards your vegan ethics so that more vegans will connect with you. Keith has done a great job of serving vegan business owners an ethical accounting solution with Vegan Accountants, and his local vegan café is clearly doing a great job of encouraging pre-vegans to go vegan!" ♥

Discover more about Vegan Accountants at its website: www.veganaccountants.co.uk

Below Vegan Accountants now works with a number of vegan businesses and has never lost a vegan client.

M'LKMAN
COCONUT M'LK
M'LKMAN

LISA FOX

You can read more interviews with vegan businesses at www.veganbusinesstribe.com. Join Vegan Business Tribe to get support from our vegan business experts and a wide vegan business community to help your business grow.

VEGAN

Christmas

GIFT GUIDE

We're all going to be doing a lot more online shopping this year, so here's some great inspiration for presents that fellow vegans will love!

JOYFUL
Get the kettle on!

Cakehead Vegan Joyful Gift Box

Make sure the year ends sweetly with a Vegan Joyful box. Gorgeous Pistachio & Cranberry Rocky Road, Chocolate Orange Brownie and Chocolate & Cherry Brownies don't sound like they're on the vegan allowed list, but thanks to the Cakehead Vegan & Gluten-Free Joyful Box, they totally are! So irresistible that Santa might swoop by for an extra visit. With 18 delicious portions per box, free delivery, a personalised gift card and pre-ordering available, it's the perfect gift this festive season. Use code VEGAN10 for 10% off your first order!

£25, cakehead.co.uk

BURN WILD
PUMPKIN LATTE

Burn Wild Pumpkin Latte

A cozy blend of high-quality essential oils, including sweet orange, vanilla and spices. It's a fantastic warming, stimulating and comforting candle, the perfect companion for the colder months.

£19.50, burnwild.co.uk

THE UNCONVENTIONAL WINE BOX
THE ENGLISH VINE
WESTWELL

English Vegan Wine Gift Box

This gift box holds a little surprise. Not only does it contain English Vegan Wine, but the wooden box undergoes a complete transformation. The lid turns into a cheeky little sign and the box becomes a beautiful plant box. It even has the holes pre-drilled for drainage and instructions etched on the back of it ready to go.

£60, theenglishvine.co.uk

Magic Wood Large Marble Sounding Tree

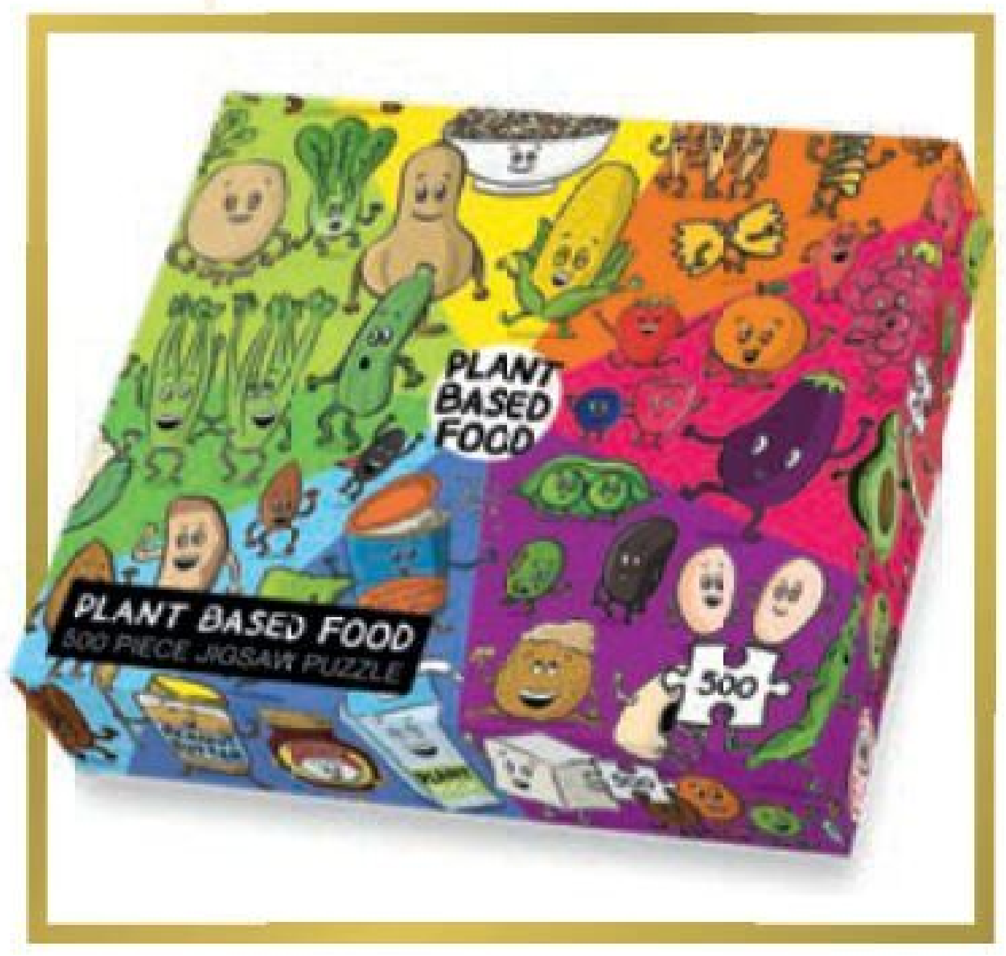
Watch marbles run over the boldly coloured branches and hear the mesmerising chimes on the way down with the Magic Wood Marble Sounding Tree – a toy for endless hours of fun and play! Suitable for ages 3+, this natural, durable toy is a fascination for the whole family. The Magic Wood Marble Sounding Tree comes in a range of sizes – 38cm, 48cm, 72cm and 150cm.

Prices start at £42.95, lunaandcash.co.uk

Clementina Cakes Vegan & Gluten Free Salted Caramel Chockablock Brownies

The most delicious Belgian chocolate vegan and gluten-free brownie, smothered in heavenly sticky, salted caramel, and lovingly hand-strewn with cubes of double chocolate chunk cookie and oodles of crisp chocolate chips.

£19.99, clementinacakes.co.uk



Plant Based Food Jigsaw Puzzle

A colourful food-themed jigsaw puzzle, created in the style of a vegan food chart! It's by vegan illustrator Dan of Plant Based Cards, an online store with unique vegan gifts, educational games and funny greeting cards. Perfect for promoting a healthy vegan diet this Christmas.

RRP £17.99, plantbasedcards.co.uk

Eco-Friendly Beauty Essentials Box

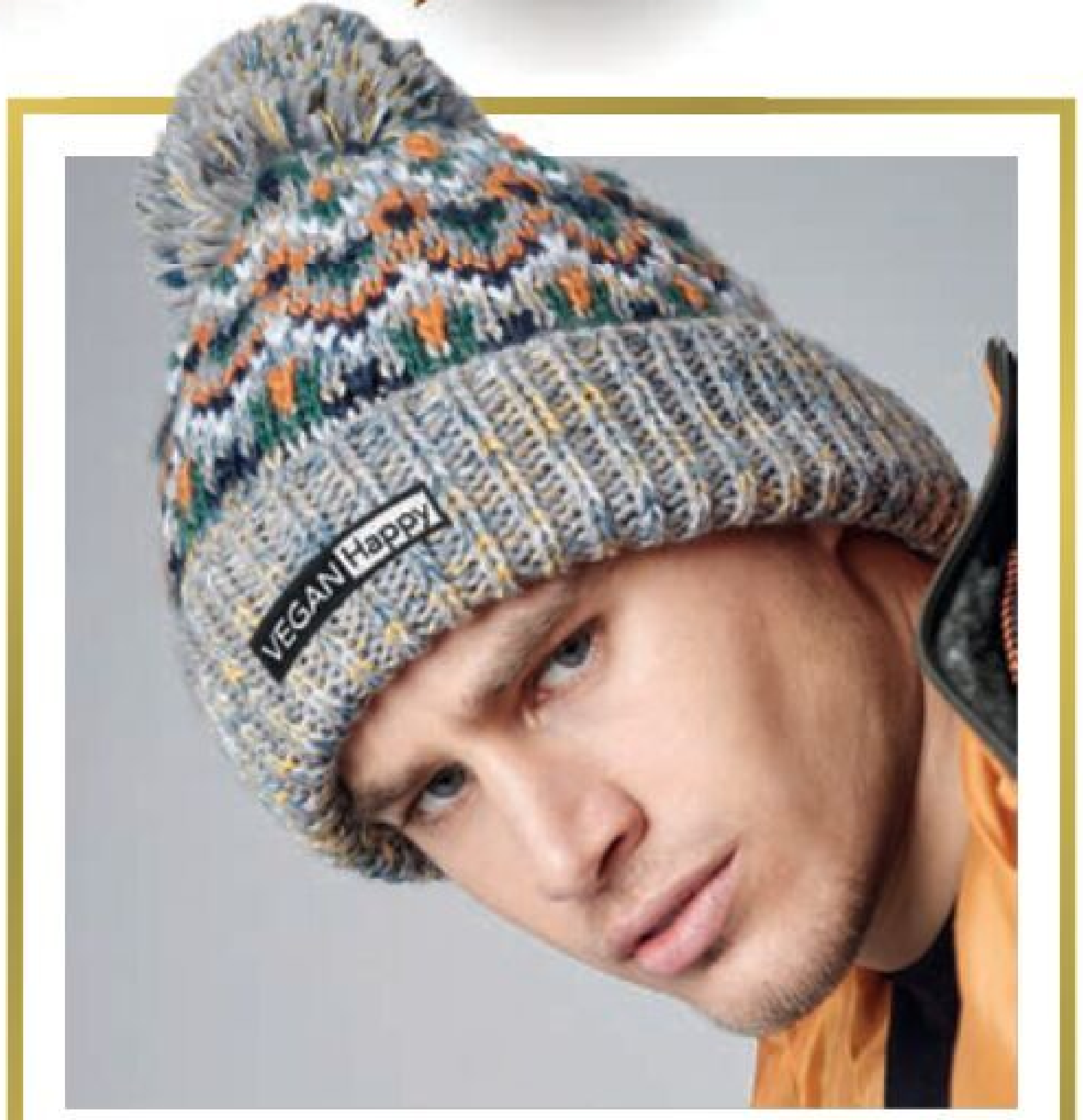
The perfect plastic-free, sustainable gift for the eco-conscious friend in your life. Each beautifully packaged box contains Reusable Make Up Rounds, a Natural Konjac Sponge, Reusable Nail Polish Remover Pads and some Exfoliating Loofah Discs – for glowing skin without adding to the planet's plastic pollution problem. Use code TEVL20 for 20% off!

£14.95, tabithaeve.co.uk

The Nutribox

The Nutribox is full of deliciously healthy gluten-free and vegan snacks, delivered to your home or workplace. Choose from three box sizes, including Slim (10 snacks), Small (20 snacks) and Large (40 snacks). There is also a Naughty but Nice Special Edition Nutribox containing 10 snacks, which are more chocolate-based for those with a sweeter tooth.

RRP – Slim £14, Small £25, Large £40, Naughty but Nice £17.50, thenutribox.com



Vegan Blizzard Bobble Beanie

Get comfortable and cosy with this gorgeous Vegan Blizzard Bobble Beanie, which comes in three colour mixes. 100% soft-spun acrylic and an inside thermal band will keep you super toasty when out and about, all with the subtle VEGAN Happy logo embroidered on the front.

£23, veganhappyclothing.co.uk

Vegicatessen Dried Fruit Selection Gift Box 650g

A beautifully presented recyclable gift box that's packed full of the finest dried fruit. The perfect gift for the more health-conscious foodie in your life or something special to put on the coffee table for your Christmas gathering. Suitable for vegan, kosher, halal and gluten-free diets.

£13.99 (postage from £2.99), vegicatessen.co.uk

Oat Milk Making Kit by Kitleys

This kit includes all the tools needed to make delicious oat milk at home, which not only reduces household packaging waste, but saves a few quid too. The perfect gift for the oat milk lovers in your life. Save 10% at checkout with code KITLEYS10.

£22.99, kitleys.co.uk

Floral Street Wild Vanilla Orchid 50ml Eau De Parfum and Vanilla Bloom Candle

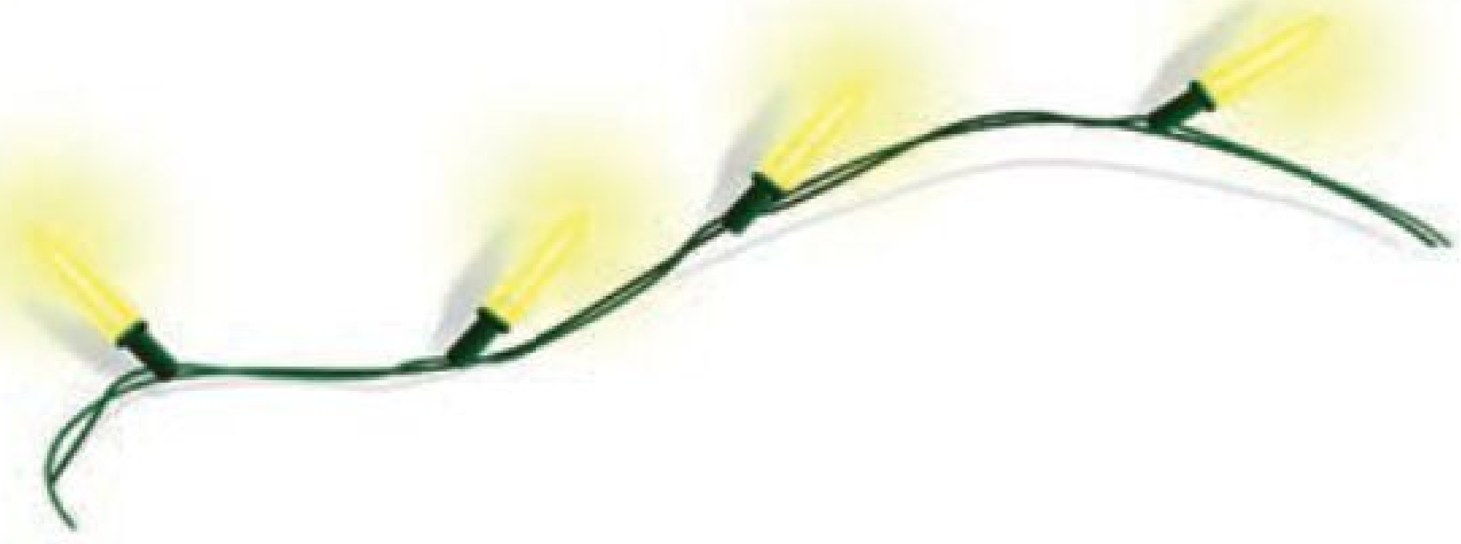
Floral Street's vegan and cruelty-free luxury perfumes and ethical home scents bring beautiful bursts of fragrance into your life. 'Powered by flowers', these modern florals are created with sustainably sourced ingredients to match your every mood and presented in reusable, recyclable or biodegradable packaging.

Vanilla Orchid Eau de Parfum £60 and Vanilla Bloom Candle £34. Use code VFL10 at floralstreet.com to receive 10% off full-size products sitewide.

The Sardar Co Hair Care Gift Set

Transform your hair into the best it has ever been with the perfect tools for healthier and stronger hair. This gift set contains a Nourishing Hair Oil, Nourishing Hair Mask, Detangler Acetate Hair Comb and Dual-sided Acetate Hair Comb, all beautifully presented in a luxury hard-back, snap-shut gift box.

£59.99, thesardarco.com



St. Eval, Lavender & Sage Botanical Hand Wash and Lotion

St. Eval's new Botanical Lavender & Sage Hand Wash and Lotion are the perfect Christmas gift for nature lovers. Made with a harmonious blend of 100% naturally-derived ingredients and pure essential oils for calming, balancing and healing effects, this range is vegan-friendly and paraben-free, with recyclable packaging.

£14.99. st-eval.com

Kib Regenerative Gift Box

Kib works with over 200 farmers in Ethiopia to grow its herbs in a regenerative way. That means better soil, better plants, and better flavour, for this harvest and many to come. This vegan gift box combines Kib herbal teas with regeneratively-grown, vegan treats from Sri Lanka and Tanzania.

£34.50, kibtea.com

Raw Bake Station Crookies Taster Box

The perfect six-pack selection of #criminallygood Crookies – oat-based cookies, packed full of flavour and packed with chocolate chunks and cashew pieces. Each box contains two packs of each flavour: Vanilla Choc Chip, Salted Double Choc and Chocolatey & Orangey.

£11.99, rawbakestation.co.uk

Paws & Planet, Shampoo Bars by Soul & Soap

Paws and Planet only sell vegan, cruelty-free products and many of its items are completely plastic free! Skincare, candles, soaps, gifts and more are available at its store. These gorgeous shampoo bars make a great gift or stocking filler! Kind to people, paws and planet.

£6.99, pawsandplanet.co.uk

Vegan Christmas Hampers

Vegan Christmas hampers that range from snack boxes up to luxury Christmas hampers. Pre-order available now.

RRP starting from £25-£200, vegan-hamper.com

nucao White Crunchy Nougat

We're dreaming of a nucao white this Christmas! Innovative ground tigernut creates the creamy, buttery white chocolate texture, while hemp seeds and roasted hazelnuts give a good Christmassy crunch. Zero animal cruelty, plastic-free wrappers, and 65% less sugar. Use code NUXMAS for 10% off.

£2.29 per bar, the-nu-company.co.uk

Moo Free Oscar and Olivia

New for Christmas 2021, Moo Free has released its very own Olivia Bear. Made from expertly developed scrummy white chocolate and hand decorated, Moo Free can't wait for you to get your paws on her. Each white bear is made in free-from UK factories, so you can be sure it's dairy-free, gluten-free, soya-free and suitable for vegans. Moo Free is an ethical business whose team includes amazing people with autism. It uses UTZ Certified Cocoa for this product to support sustainable farming. All the packaging is recyclable.

Oscar is in Lidl, Olivia is in Ocado and both are online. RRP £2.99, moofreechocolates.com

Organic Red Wine Wicker Hamper

This stylish wicker hamper is full of top-quality favourites. It features an award-winning organic vegan Chianti red wine from Tuscany with a selection of vegan sweet and savoury delights including chocolates, tea, biscuits and jam. Treat a family member or friend to a fabulous Organic Red Wine Hamper this Christmas!

£78, thegoodnessproject.co.uk

Veo Wines Organic and Vegan Friendly Wine

Finding wine can be difficult for people who are vegan or plant-based, because winemakers are not obligated to display their ingredients on their bottles. All the wines from Veo Wines are suitable for vegans, certified as organic, and made by smaller producers, with virtually no additives. Perfect as a Christmas gift, or to stock up your wine rack, they're delivered direct to your door for stress-free shopping.

Starting from just £7 a bottle, veowines.co.uk

Christmas STARTERS

Let's get this party started in style with a selection of starters that will whet your appetite for what's to come...

FESTIVE OLIVE DOUGH BALL WREATH WITH CARAMELISED ONION AND ROAST GARLIC HOUMOUS AND SLAW

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves **4** | *Prep* **25 mins,** *plus proving* | *Cook* **1 hr 30 mins** | *Calories* **808** *(per serving)*

FOR THE DOUGH

400g (3 cups) strong white flour
½ tsp sea salt
1 tsp quick yeast
1 tsp sugar
2 tbsp olive oil
300ml (1¼ cups) lukewarm water

FOR THE FILLING

4 tbsp olives, finely chopped

FOR THE TOPPINGS

olive oil
sesame seeds
fresh thyme
sea salt

FOR THE HOUMOUS

2 red onions, sliced into strips
2 tbsp olive oil
a pinch of sea salt
1 bulb of garlic, sliced in half through the middle
a drizzle of olive oil
1 tin of chickpeas, drained
juice of ½ a lemon
2 tbsp extra-virgin olive oil, plus extra to top
2 tbsp tahini
½ tsp sea salt
1 tsp raisins
2 tbsp toasted pine nuts, to top

FOR THE FESTIVE SLAW

¼ of a medium red cabbage, finely sliced
3 spring onions (scallions), sliced
1 carrot, finely sliced
2 tbsp cranberries
3 tbsp pecans, toasted

FOR THE DRESSING

2 tbsp vegan mayonnaise
3 tbsp plant-based yoghurt
finely grated zest of 1 lemon
juice of ½ a lemon
a big pinch of sea salt flakes
pepper

1 For the bread, add the flour and salt to a large bowl and mix well.

2 Mix the yeast, sugar and olive oil with the lukewarm water and leave to stand for a minute or so.

3 Create a hole in the middle of the flour and gradually add the liquid until you have a dough. Tip the dough onto a floured chopping board. Knead for a few minutes until the dough is springy.

4 Transfer back to the bowl and cover with a damp cloth for about an hour. The dough should have doubled in size.

5 Preheat the oven to 180°C/Gas Mark 4. Transfer the dough back onto the floured chopping board and knead again to knock back.

6 Flatten the dough, add the olives, fold over and knead the olives into the dough.

7 Divide the dough in half, then half again, until you get 30 small pieces of dough. Form the dough into small balls. Transfer to a baking tray with a little olive oil in the bottom.

8 Place 11 balls in a circle, then place the remaining outside in a larger circle. They should be nestled close to each other.

9 Brush a little olive oil over the top, then sprinkle with sesame seeds and fresh thyme. Bake for 20 minutes until cooked and golden on top.

10 More olive oil and sea salt can be drizzled on top.

FOR THE HOUMOUS

11 To make the caramelised onions; add the oil and sliced onion to a small pan and fry slowly on a low heat for 30-40 minutes until caramelised, then add the salt and pepper. Set aside.

12 To roast the garlic, add the garlic to a baking tray with a drizzle of olive oil. Roast at 180°C/Gas Mark 4 for about 20 minutes until soft. Set aside.

13 To make the houmous, add all the ingredients apart from the onion to a food processor (only use half the garlic) and blitz until creamy, 2-3 minutes.

14 Transfer to a bowl and then stir in three-quarters of the caramelised onions.

15 Top the houmous with the remaining onions, toasted pine nuts and a drizzle of extra-virgin olive oil.

FOR THE SLAW

16 Add the cabbage, carrot and spring onions to a large bowl.

17 Now toast the pecans by adding them to a dry pan. Toast on a medium heat until lightly toasted. Add to the veg.

FOR THE DRESSING

18 Add all the ingredients to a jar, replace the lid and shake to combine.

19 Dress the veg with the dressing and then top with the pecans and cranberries.

PER SERVING

34.9g	4.3g	2.11g	10.8g	108.3g	21.8g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

CAVOLO NERO SAUSAGE ROLLS

By Nadia's Healthy Kitchen for
Discover Great Veg (discovergreatveg.co.uk)
Makes **8** | *Prep* **20 mins** | *Cook* **20-25 mins** | *Calories* **278** *(per serving)*

- 1 tbsp olive oil
- 2 garlic cloves, crushed
- ¼ of an onion, chopped
- 100g (1½ cups) cavolo nero, central ribs removed and chopped finely
- 2 tbsp lemon juice
- 2 tbsp tomato purée (paste)
- 5 tbsp water
- 1½ tsp paprika
- ½ tsp chilli powder
- 5 vegan sausages
- salt and pepper
- 375g vegan ready-rolled puff pastry
- vegan milk wash
- sesame seeds, to top

1. Preheat the oven to 200°C/Gas Mark 6.
2. Heat the olive oil in a pan and cook the onions for 5 minutes. Add the garlic, cavolo nero, lemon juice, water, tomato purée and spices and cook for a few minutes until the cavolo nero is wilted.
3. Break up the sausages into the pan and season with salt and pepper. Mash everything up using a potato masher until everything is well combined and heated through. Allow to cool before moving onto the next step.
4. Roll out the puff pastry sheet and cut into two even rectangles. Spoon the filling along one long edge of pastry strip. Brush the other long edge with dairy-free milk wash. Roll up to enclose the filling and form into rolls. Cut each roll diagonally into four pieces. Place on a greased baking tray and brush the top with more dairy-free milk wash. Sprinkle some sesame seeds on top and bake for 20-25 minutes until golden brown.

PER SERVING

16g	5.8g	0.9g	3.6g	24g	6.2g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

FESTIVE HOUMOUS

By Karine Stephan (happylivingnutrition.co.uk) for Plant-Based Health Professionals (plantbasedhealthprofessionals.com)
Serves **4** | *Prep* **10 mins** *plus soaking* | *Cook* **none**
Calories **328** *(per serving)*

- 50g dried goji berries, plus extra to serve
- 1 tin of chickpeas (about 230g (1 cup) cooked chickpeas)
- 1 tin of cannellini beans (about 230g (1 cup) cooked cannellini beans)
- 1 tbsp tahini
- 2 tbsp olive oil
- 50g (½ cup) walnuts
- 3 tbsp lemon juice
- 1 tbsp smoked paprika
- 2 pinches of salt

1. Soak the goji berries for about 15 minutes.
2. Drain and rinse the chickpeas and cannellini beans.
3. Combine all the ingredients in a food processor until it gets smooth.
4. Add the goji berries and process a little bit.
5. Transfer the houmous to a bowl and add garnish.

PER SERVING

18.5g	1.9g	0.69g	10g	34.1g	9.8g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

KALE, APPLE AND CASHEW CHEESE SALAD

By Jazz Apples (jazzapple.com/uk)

Serves **2** | *Prep* **20 mins** *plus soaking and maturing* | *Cook* **5 mins**

Calories **626** *(per serving)*

1 JAZZ™ apple, chopped
130-200g (2-3 cups) destemmed kale, roughly chopped
125g (¾ cup) cooked buckwheat (you can also use quinoa)
1 pomegranate
1 courgette (zucchini), sliced
a handful of walnuts

FOR THE CASHEW CHEESE

325g (2½ cups) cashews, soaked overnight
60ml (¼ cup) water
2 tbsp nutritional yeast
1 tsp miso paste
2 tbsp lemon juice
powder from 2 capsules of vegan probiotics
1 tsp onion powder
1 tsp salt

FOR THE DRESSING

2 tbsp extra-virgin olive oil
1 tsp balsamic vinegar
1 tsp lemon juice
½ tsp maple syrup
a pinch of sea salt and black pepper

1. To make the cashew cheese, drain the cashews and place them in a food processor, add the water, nutritional yeast, miso paste, lemon juice, probiotics, onion and salt. Start blitzing and stop the food processor from time to time to scrape the sides. Keep blitzing until you have a smooth and creamy consistency.
2. Pour the cheese mixture into a double cheese cloth. Tie the cloth at the top around a wooden spoon or something similar that will keep it suspended from a deep mixing bowl. Cover it with a tea towel and leave it in a warm and dark place (I put mine on top of the fridge) for 16 hours.
3. Transfer the cashew cheese into the fridge and leave it for another 24 hours. The longer you leave it, the more it will have a 'cheesy' flavour.
4. To make the salad, start by mixing together the dressing ingredients. Pour the dressing over the chopped kale and with your hands massage the leaves until they start to wilt and soften. Leave it to one side.
5. Grill and cook the sliced courgette for a few minutes on each side. Add the grilled courgette to the kale together with the chopped apple, cooked buckwheat and pomegranate seeds. Mix everything together. Top with the chopped walnuts and a dollop of the cashew cheese.

PER SERVING

35.2g	4.5g	0.92g	24.2g	67.7g	20.1g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

PARSNIP, PEANUT AND LIME SOUP

By Whole Earth (wholeearthfoods.com)

Serves **4** | *Prep* **15 mins** | *Cook* **25 mins**

Calories **516** *(per serving)*

2 tbsp neutral oil, to sauté
2 shallots, finely chopped
750g (5 cups) parsnips, peeled, cut into 3cm (1¼in) chunks
2 garlic cloves, crushed
a thumb-size piece of fresh ginger, peeled, finely grated
400ml tin (1⅔ cups) of full-fat coconut milk
800ml (3⅓ cups) weak vegetable stock (broth)
2 tbsp Whole Earth 100% Peanuts Smooth Peanut Butter, plus extra for drizzling
juice of 2 limes, plus finely grated zest of 1
salt and pepper

1. Heat the oil in a large saucepan over medium heat.
2. Add the shallots to the pan with a pinch of salt. Cook for 5 minutes until the shallots are soft and translucent.
3. Tip in the parsnips, garlic and ginger and cook gently for a couple of minutes more.
4. Pour the coconut milk, vegetable stock and peanut butter into the pan and season with salt and pepper.
5. Bring the pan to a boil and turn down to a gentle simmer. Cover with a lid and cook for 15 minutes until the parsnip is completely soft.
6. Remove the pan from the heat and add the lime juice.
7. Blend the soup with a stick or jug blender until it is completely smooth, then taste and adjust the seasoning accordingly.
8. Ladle the soup into warm bowls and drizzle over a spoonful of the peanut butter.
9. Zest over the lime juice and serve immediately.

PER SERVING

36.9g	23.4g	0.29g	14.4g	45.2g	8g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

Christmas MAINS

Create a stunning centrepiece to take pride of place on the Christmas dinner table

MUSHROOM NUT LOAF WREATH

By Anthea Cheng from Rainbow Nourishments (rainbownourishments.com)

Serves **6-8** | *Prep* **30 mins** | *Cook* **1 hr 30 mins** | *Calories* **326** *(per serving)*

FOR THE RICE

200g (1 cup) brown rice, rinsed and uncooked

750ml (3 cups) vegetable stock (broth) or water

115g (1 cup) pecans, walnuts or sunflower seeds, finely chopped or pulsed in a food processor

400g tin (1⅔ cups) of brown lentils, drained

120ml (½ cup) vegetable stock (broth) or water

30g (¼ cup) dried cranberries (optional)

3 tbsp ground chia or flax seeds

FOR THE MUSHROOMS

olive oil/vegan butter, as needed

1 large brown or white onion, finely chopped

3 garlic cloves, finely chopped

200g (2 cups) mushrooms, finely chopped

1 carrot, finely chopped

1 tbsp thyme, fresh or dried

1 tbsp chopped oregano, fresh or dried

1 tbsp chopped rosemary, fresh or dried

60g (¼ cup) tomato purée (paste)

60ml (¼ cup) soy or tamari sauce

60ml (¼ cup) vegan red wine (optional)

salt and pepper, to taste

TO DECORATE (OPTIONAL)

sliced cooked beetroot (I used tinned to save time)

1 potato (uncooked), sliced thinly

rosemary sprigs

PER SERVING

13.3g	1.4g	1.41g	4.8g	43g	10g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

1. In a medium-size pot, add the brown rice and 750ml vegetable stock (or water). Bring to a boil for 5 minutes, then cover to cook for about 30 minutes or until the rice is tender. Scoop the cooked rice into a large mixing bowl.
2. Add the nuts (or seeds), lentils, 120ml vegetable stock (or water), cranberries and ground chia (or flax) seeds to the large bowl with the cooked rice. Mix until combined and set aside.
3. Preheat the oven to 180°C/Gas Mark 4. Line and generously grease a 20cm (8in) savarin tin or ring tin. Alternatively, use a normal 20cm (8in) round cake tin and place a circular oven-safe object in the middle as the 'hole'.
4. Add oil or vegan butter to a large frying pan over high heat. Add the onion and sauté for 3 minutes or until translucent. Add the garlic and sauté for 1 minute or until fragrant.
5. Add the rest of the ingredients (mushrooms, carrots, herbs, purée, soy sauce and wine) to the pan. Cook for 20 minutes or until the mushrooms are soft and the mixture has reduced.
6. Add the mushroom mixture to the large bowl and mix until combined. Taste the mixture and season with salt, pepper or additional herbs to taste.
7. Arrange the sliced beetroot and potato on the bottom of the baking tin. Transfer the nut loaf mixture to it and press the mixture down very firmly.
8. Bake the wreath in the oven for 40-50 minutes until the top is dry to the touch and the edges are golden brown.
9. Allow the wreath to cool in the tin for 30 minutes, then invert onto a serving plate. Garnish with rosemary sprigs. Enjoy with your favourite gravy.

TIP 1 To save time in the kitchen, use a food processor to chop the onion, garlic, choice of nuts, mushrooms and carrots.

TIP 2 If you'd like to make this recipe in advance, prepare the nut loaf mixture and store it in an airtight container in the fridge for 1-2 days. On the day of serving, arrange the beetroot and potato on the bottom of the tin, assemble and bake.

CHESTNUT AND SHALLOT TARTE TATIN

By Merchant Gourmet (merchant-gourmet.com)

Serves **6** | *Prep* **10 mins** *plus chilling* | *Cook* **40 mins** | *Calories* **446** *(per serving)*

- 3 tbsp olive oil
- 6 banana shallots, skin removed and halved lengthways
- 180g pouch (1¼ cups) of Merchant Gourmet Whole Chestnuts
- 3 tbsp brown sugar
- 4 tbsp balsamic vinegar
- 3 thyme sprigs, plus extra to serve
- 2 rosemary sprigs
- 320g roll of vegan pre-made puff pastry

1. Preheat the oven to 180°C/Gas Mark 4.
2. Cut the roll of pastry into a circle 2.5cm (1in) larger than your pan. Lightly dust with flour, place on a sheet of non-stick baking paper on a tray or board and chill for 20 minutes, or until needed.
3. Heat the olive oil in a 25cm (10in) ovenproof, non-stick pan. Add the shallots, cut side facing up, and cook for 5 minutes over a medium heat until starting to char on one side. Add the chestnuts, then sprinkle over the brown sugar and flip the shallots over, arranging everything neatly in the pan to ensure there are no gaps.
4. Lower the heat, then add the balsamic vinegar, thyme, rosemary and a splash of water. Simmer gently for 5 minutes until starting to thicken. Season with salt and pepper, then remove from the heat.
5. Place the chilled pastry on top, tucking it into the edges of the pan, using a wooden spoon to help you if it's too hot. Bake for 25-30 minutes, or until the pastry is golden brown. Set aside for 5 minutes to cool slightly.
6. Wearing an oven glove, place a large plate or board over the top of the pan and, once secure, quickly flip to turn out the tart. Sprinkle over some fresh thyme sprigs and serve.

PER SERVING

27.9g	6.2g	0.34g	6.5g	43.8g	5.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

MISO OYSTER MUSHROOM AND POTATO WELLINGTON

By Livhuwani (livhuwani.com)

Serves **6-8** | *Prep* **15 mins** | *Cook* **30 mins**

Calories **385** *(per serving)*

2 large potatoes, peeled, cubed and boiled
150g (1½ cups) oyster mushrooms
1 medium onion, chopped
1 tbsp sesame seed oil
3 spring onions (scallions), sliced
1 red chilli, chopped
1 tbsp cornflour (cornstarch)
1 tsp miso paste
2 garlic cloves, crushed
60ml (¼ cup) dark soy sauce
1 sheet of vegan puff pastry
30g (1 cup) fresh spinach

FOR THE 'EGG' WASH

1 tbsp chickpea water (aquafaba)
1 tbsp coconut or almond milk
1 tsp olive oil

1 In a wok or large frying pan (skillet), add 1 tbsp sesame seed oil over medium-high heat. Add the onion, spring onions and garlic and stir-fry for 1-2 minutes. Take care not to brown the vegetables.

2 Add the mushrooms and sauté for 2-3 minutes until the vegetables are almost tender, then add the potatoes and chilli and cook for 3-4 minutes more. Add the cornflour and stir until all the veg is covered.

3 In a small mixing bowl, combine the miso paste and soy sauce until smooth. Add the paste to the vegetables and cook for another 2 minutes over medium-high heat, or until all of the vegetables are cooked. Remove from the heat to allow the vegetables to cool down completely.

4 Make the 'egg' wash – in a small bowl, add the chickpea water, plant milk and olive oil. Mix together and set aside.

5 For the Wellington, preheat the oven to 200°C/Gas Mark 6. Place a sheet of baking paper on a baking tray, followed by the puff pastry sheet. Spread the vegetable mixture over the middle third of the pastry, leaving a 2cm (¾in) border around the edges. Place the spinach on top.

6 Carefully fold the sides of the pastry over the filling, forming a loaf shape. Join the ends by pressing them together. Roll the loaf over to hide the edges.

7 To make a pattern, cut small slits in the loaf. Make sure that you do not cut all the way through, then brush the loaf with 'egg' wash until completely covered.

8 Bake for 20 minutes, or until the loaf is done. The loaf should be puffed and golden in appearance. Remove from the heat and serve.

PER SERVING

20.9g	5.3g	1.71g	4.9g	44.3g	6.6g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

PHOTO © KAREPA STOKE

CHRISTMAS WELLINGTON

By Lisa Marley (lisamarleychef.com)

Serves **6-8** | *Prep* **30 mins** | *Cook* **1 hr 15 mins**

Calories **443** *(per serving)*

3 tbsp olive oil
6 large Portobello mushrooms, stalks removed
2 large onions, roughly chopped
300g (3 cups) white mushrooms, roughly chopped
300g (3 cups) chestnut mushrooms, roughly chopped
80g (½ cup) Merchant Gourmet whole chestnuts, roughly chopped
40g (⅓ cup) pecans, roughly chopped
40g (⅓ cup) walnuts, roughly chopped
40g (½ cup) ground almonds
a handful of fresh tarragon
2 tsp dried tarragon
2 garlic cloves, crushed
400g (13 cups) spinach
2 sheets of short crust vegan pastry, such as Jus-Rol
50ml (scant ¼ cup) plant milk, to glaze
salt and pepper

1 Preheat the oven to 180°C/Gas Mark 4. Lay the Portobello mushrooms and stalks onto a baking tray and drizzle 1 tbsp olive oil, ensuring they are coated.

2 Bake in the oven until cooked. Remove from the oven and carefully pat with kitchen roll to remove excess liquid. Place on fresh kitchen roll to cool.

3 Place a large pan on the hob on medium heat and add 1 tbsp olive oil. Fry the onion and one crushed garlic clove for 5 minutes, then add the chopped mushrooms. Fry until cooked. Remove the mushroom mixture and spread out onto a baking tray to cool.

4 Add 1 tbsp olive oil to the pan. Add the spinach and a crushed garlic clove and fry until the spinach has wilted. Remove from the heat and put in a bowl to cool.

5 In a food processor, add the cooled mushroom mix plus the stalks from the Portobellos, chestnuts, nuts and tarragon. Add a pinch of salt and blitz to a paste. Remove and place to one side.

6 On a clean, lightly dusted work surface, unroll one pastry sheet. Spoon half the mushroom mixture down the centre of the pastry, leaving a border round the edge. Cover with half the spinach. Place three Portobellos along the centre and three more on top so they are stacked. Carefully cover with the remaining spinach and then the remaining mushroom mixture. Using a pastry brush, brush the edges with plant milk.

7 Unroll a sheet of pastry and place on top, carefully shaping with the sides of your hands. Score the pastry into diamonds (or any decoration you desire) and glaze with plant milk. In the oven, still at 180°C/Gas Mark 4, bake for 45 minutes or until golden brown.

PER SERVING

29.7g	6.6g	0.19g	4.4g	36.1g	13.3g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

MUSHROOM AND WALNUT TART

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves **8** | *Prep* **20 mins** *plus soaking* | *Cook* **1 hr** | *Calories* **304** *(per serving)*

FOR THE CRUST

1 tin of chickpeas, drained
½ tsp sea salt
a pinch of black pepper
3 tbsp buckwheat flour
2 tbsp olive oil

FOR THE FILLING

150g (1 cup) cashews, soaked for at least 2 hours
60ml (¼ cup) water
100g (1 cup) sun-dried tomatoes in oil, drained
3 tbsp nutritional yeast
2 tbsp lemon juice
1 tsp garlic powder
1 tbsp wholegrain mustard
100g (½ cup) butter beans or chickpeas, drained
1 tsp sea salt

FOR THE ADDITIONAL FILLINGS

250g (2½ cups) mushrooms, sliced
1 tbsp olive oil
a pinch of sea salt
black pepper
3 tbsp dill
2 tbsp thyme
a handful of walnuts
balsamic vinegar, to serve

1. Preheat the oven to 180°C/Gas Mark 4.
2. For the tart base, add the ingredients to a food processor and blitz until everything comes together into a dough. You may need to scrape the sides a few times.
3. Grease a loose-bottom tart pan. Add the dough, shaping it over the pan bottom and up the sides. Bake for 10 minutes, then remove from the oven.
4. In a small pan, add the mushrooms and oil, fry for 7-8 minuted until soft. Season well.

TO MAKE THE FILLING

5. Blend all the filling ingredients in a food processor and blitz until smooth.
6. Spoon into a large bowl and then mix in half the mushrooms and fresh herbs.

TO COMPILE THE TART

7. Spoon the filling into the tart base and press into the corners.
8. Top with the remaining mushrooms and walnuts. Press down a bit.
9. Bake for a further 15-20 minutes. Before serving, drizzle the tart with balsamic vinegar.

PER SERVING

17.3g	2.4g	2.04g	5.9g	29.4g	12g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

TOFU 'TO-KEY' ROAST

By Jasmine Cassells

Serves **4-6** | *Prep* **15 mins** | *Cook* **1 hr** *plus resting*
Calories **243** *(per serving)*

1 block (300g) of extra-firm tofu
130g (1 cup) vital wheat gluten
125-190ml (½-¾ cup) water
30g (1 cup) nutritional yeast
2 tbsp cornflour (cornstarch)
2 tbsp vegetable oil
1 tbsp vegan chicken stock powder
2 tsp onion powder
1-2 tsp garlic powder
1 tsp dried rosemary
1 tsp liquid smoke
1 tsp fine salt
½ tsp dried sage
3 tbsp jerk or Italian seasoning

1. Preheat the oven to 250°C/Gas Mark 9. Break up the tofu and blend the pieces in a food processor until the tofu has broken down.
2. Add all the remaining ingredients except the jerk or Italian seasoning to the processor and blitz for a couple of minutes, until the mixture forms a dough. If it seems a bit too dry, you can add another few tbsp water, just don't add too much more!
3. Once you have a smooth but firm dough, remove it from the blender and knead on a clean surface with your hands for about a minute, then shape the dough into an oval shaped loaf.
4. Lay out a large piece of tin foil (about three times bigger than the loaf) and coat one side in non-stick cooking spray, or wipe it down with any oil you have. Sprinkle half of the seasoning you are using in the centre of the foil. Place the loaf on the seasoning and roll it around to fully coat the outside. Sprinkle the remaining seasoning over the top and press it in.
5. Place the loaf back in the centre of the foil and fold up the sides, pinching at the top to seal it up, then twist the ends to fully seal the foil.
6. Place the foil parcel on a baking tray on the middle shelf of the oven. Bake for 30 minutes, then carefully open the foil and bake for 30-40 minutes more.
7. Remove the 'turkey' from the oven and let it rest. This step is important to get the texture right. If you try and serve it before it rests, it will not be nearly as firm.

PER SERVING

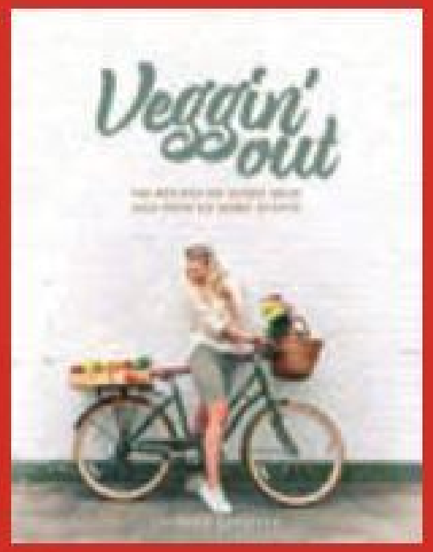
9.8g	1.5g	1.25g	0.9g	12.7g	28.7g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

HARDLY HAGGIS AND MASH

By Jasmine Cassells

Serves **4-6** | *Prep* **15 mins** | *Cook* **1 hr** | *Calories* **558** *(per serving)*

- 1 brown onion
- 2 Portobello mushrooms
- 1 large carrot
- 400g tin (1⅔ cups) of lentils
- 3 large white potatoes
- 40g (¼ cup) sunflower seeds
- 3 tbsp plant-based butter
- 1 tsp white pepper
- 1 tsp ground nutmeg
- 250g (2½ cups) rolled oats
- 1½ tbsp Vegemite or Marmite
- 400ml (1⅔ cups) vegetable stock (broth)
- a pinch of sea salt



The recipes on page 25 and the tofu roast on page 24 are taken from *Veggin' Out: 100 recipes to mimic meat and dish up more plants* by Jasmine Cassells, published by Meze Publishing. (RRP £20.)

1. First, prepare your ingredients. Dice the onion and mushrooms, grate the carrot, drain the lentils, peel and quarter the potatoes, and roughly chop the sunflower seeds.
2. Heat a frying pan over a medium heat and add 2 tbsp of the butter. When it melts, add the onion, mushrooms and grated carrot. Cook for 5-6 minutes.
3. Stir in the lentils, white pepper and nutmeg, then cook for another 1-2 minutes. Now add the oats, Vegemite and stock. Simmer the mixture on a low heat for 15 minutes, stirring regularly. It should become quite thick, but add a splash of water if needed.
4. Meanwhile, preheat the oven to 180°C/Gas Mark 4 and line a loaf tin with baking paper. Remove the lentil mixture from the heat, stir through the sunflower seeds and then spoon the mixture into the lined loaf tin.
5. Bake the 'haggis' in the preheated oven for about 30 minutes. To make the outside extra crispy, turn the oven heat up slightly for the last few minutes.
6. Meanwhile, boil the potatoes for about 10 minutes or until soft, then drain and mash them with the sea salt and remaining tbsp of plant-based butter to make it creamy.
7. Remove the baked 'haggis' from the oven and leave it to stand for 5 minutes before serving in generous slices with the mashed potato.

PER SERVING

14.7g	3.2g	0.82g	6.6g	88g	21.1g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

JACKFRUIT SUNDAY ROAST

By Jasmine Cassells

Serves **4-6** | *Prep* **15 mins** | *Cook* **55 mins**

Calories **435** *(per serving)*

- 2 x 400g tins (3⅓ cups) of jackfruit
- 1 brown onion
- 4 garlic cloves
- 500g (3⅓ cups) carrots
- 500g (3⅓ cups) potatoes
- 500g (4 cups) pumpkin
- 3 tbsp olive oil
- 250ml (1 cup) vegan red wine
- 2 tbsp vegan Worcestershire sauce
- 1 tsp dried thyme
- 1 tsp dried rosemary
- salt and pepper, to taste
- 2 tbsp cornflour (cornstarch)
- 500ml (2 cups) vegetable stock (broth)

1. Preheat the oven to 200°C/Gas Mark 6. Drain the jackfruit and prepare the vegetables by dicing the onion, crushing the garlic, cutting the carrots lengthways (skin on) and cutting the potatoes and pumpkin into quarters (skin on).
2. Heat 2 tbsp olive oil in a large pot over medium heat, then add the onion. Cook for 5 minutes, then add the garlic and cook for 1 minute. Add the jackfruit and cook for 1 minute. Pour in the Worcestershire sauce, red wine, thyme, rosemary, salt and pepper. Stir and bring to a simmer.
3. Put the cornflour in a bowl and gradually add the stock, whisking until well combined. Pour this mixture into the pot of jackfruit. Simmer for about 5 minutes, stirring occasionally.
4. While the jackfruit simmers, add the carrots, potatoes and pumpkin to a large bowl with the remaining olive oil and season with salt and pepper. Stir until well coated.
5. Pour the jackfruit mixture into the centre of a large baking tray, place the carrots, potatoes and pumpkin around the edges and bake for about 40 minutes, or until the veg is crunchy outside and fork tender inside.

PER SERVING

9.4g	1.4g	0.52g	10.6g	79.1g	6.8g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

LEEK AND CHESTNUT SWIRL WITH MUSHROOM SAUCE

By Maryanne Hall from Viva!'s Vegan Recipe Club
(veganrecipeclub.org.uk)
Serves **4-6** | *Prep* **30 mins** | *Cook* **1 hr**
Calories **893** *(per serving)*

FOR THE FILO SWIRL

- 10 sheets of filo pastry
- olive oil, for brushing
- 1 tbsp vegan butter (our favourite is Naturli)
- 500g (5 cups) leeks, trimmed and thickly sliced
- 3 garlic cloves, finely chopped
- ½ tsp fresh or ground nutmeg
- 1 tsp paprika
- 200g (7 cups) baby spinach
- 200g (¾ cup) chestnut purée (such as Merchant Gourmet)
- 200g (1⅓ cups) vacuum packed chestnuts (such as Merchant Gourmet), finely chopped
- 100g (¾ cup) pecans or walnuts or cashews, toasted and finely chopped
- 100g (1 cup) breadcrumbs, fresh or ready to use
- 1 tbsp miso
- 1 tsp syrup (such as maple or agave)
- 1 apple, grated
- grated zest of ½ a lemon, finely chopped
- 1 tbsp lemon juice
- 2 tbsp fresh sage leaves, finely chopped
- 1 tbsp rosemary, finely chopped
- salt and pepper
- 100g (scant 1 cup) dried cranberries, soaked in boiling water for 30 minutes, drained (optional)
- mixed seeds to top (optional)

FOR THE SAUCE

- 1 tsp vegan butter
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 250g (2½ cups) mushrooms, sliced
- 150ml (⅔ cup) vegan dry white wine
- 1 tsp lemon juice
- 1 tsp syrup (such as maple or agave) or brown sugar (optional)
- 150ml (⅔ cup) Oatly Creamy Oat Fraiche or vegan double cream (such as Elmlea), whipped (you can use single cream, but the sauce won't be as thick)
- 1 tbsp flat-leaf parsley, finely chopped
- salt and pepper

1. Preheat the oven to 180°C/Gas Mark 4.
2. In a large pan, add the spinach with a little water. Place the lid on the pan and allow the spinach to wilt. Once cool, thoroughly drain, squeeze out all the water and set aside.
3. In a large non-stick pan, melt the butter before adding the leeks. Place the lid on the pan and allow the leeks to cook for about 10 minutes, stirring frequently. After 10 minutes, add the garlic and fry for 1-2 minutes. Add the nutmeg and paprika, stir through and fry for a minute.
4. Add all the remaining ingredients to the pan, including the wilted spinach. Stir everything through and warm on a low-medium heat for a few minutes until everything is thoroughly combined. Try the mixture and then add salt and pepper to your taste. You might want to add a little more syrup or a little more lemon juice to balance the flavours – keep trying the mixture until you have it right.
5. Transfer the mixture to a large bowl and place in the fridge until needed. This will also help to firm the mixture.
6. Place two clean, damp tea towels edge to edge on a large work surface with the longest sides facing towards you, then carefully take three filo sheets and lay them over the tea towels so that the shortest edges are facing you. Overlap them by about 2.5cm (1in) and seal this overlap with a little water. Lightly brush the filo sheets with olive oil until they are completely covered. Place another three filo sheets over the top to create another layer. Again seal the overlap with water and brush lightly with olive oil. Repeat this with another three sheets so you have used nine filo sheets in total. The remaining sheet will be used to patch up the swirl if any cracks occur.
7. Take the filling from the fridge and, as evenly as possible, spread it into a sausage all the way along the longest edge nearest you. Spread it right to each end and squash it together with your hands so it's compact and even.
8. Once the filling is in place, carefully roll the filo up away from you, like a sushi roll. Roll this long sausage shape into a large pinwheel, trying not to allow any cracks. If you do get cracks, use the spare filo sheet to patch them up – you will need to create a good overlap of pastry to cover the crack as the pastry will shrink in the oven. Use a light brushing of olive oil to seal the patched-up pastry.
9. Transfer the filo swirl to a lined baking tray, brush all over lightly with olive oil, then place in the oven for 30 minutes. If you're using seeds as a topping, take the pastry out at this stage, give it another light brushing of olive oil, then sprinkle the seeds over the top. Place it back in the oven and cook for 5-15 minutes more or until crisp and golden.
10. For the sauce, fry the onion in butter until soft. Add the garlic and fry for a further minute. Add the mushrooms and cook until soft, but they haven't released their juices.
11. Pour the white wine into the pan, bring to the boil and then simmer down until the liquid has reduced by half.
12. Stir through the Creamy Oat Fraiche, add the lemon and syrup and heat for a couple of minutes. Add the salt and pepper to your taste, then top with the fresh parsley.

PER SERVING

27.2g	4.1g	1.3g	30.4g	143.3g	18.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

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Making new traditions this Christmas

Last year's Christmas celebrations were cancelled for many due to COVID-19 related restrictions, so make this Christmas extra special by starting some new traditions with your family, friends and loved ones. Katy Beskow looks at new Christmas traditions to adopt, for creating magical memories this season

1

Donate and give

In the season of gifting and receiving, make some time to give to those in need. This could mean gathering non-perishable vegan food items for your local foodbank, donating your time at an open-kitchen for homeless people, or checking in on elderly neighbours for a chat. Spending just one day helping others can help you re-connect with the true meaning of Christmas, and also gives you a great opportunity to spend time with loved ones doing something purposeful, and connect with your local community.

2

Movie advent calendar

December is a month to put your feet up between parties, embrace the longer nights, and snuggle up with a festive film. Everyone has their favourite Christmas movie, so plan to work your way through them all, from the 1st December until 24th December. It's fun to write down the names of your favourite seasonal films, then draw them at random, or schedule in each film on a virtual advent calendar.

3

Have a party decorating

Turn tree decorating into an annual party. Turn up the festive tunes, simmer some cinnamon-infused mulled wine, and cook a warming pot of vegan chilli for everyone to enjoy. Ensure younger family members have age-appropriate tasks, such as unravelling tinsel, while adults test and drape the fairy lights. Treat everyone to vegan-friendly candy canes while you hang festive decorations – and don't forget to take photos!

4

Follow the light

You know it's nearly Christmas when the houses in your local area are lit up with various coloured outdoor lights, as well as fun garden décor, including inflatable snowmen and flashing reindeer! Make it an annual event to wrap up in your warmest jumpers and coats, and walk through the residential streets of your local area to see the spectacular lights and displays. Some houses go Christmas light-crazy for charity donations, and they're always worth a look for some festive cheer. Many local towns and suburbs host light switch-on events, which are also fun (and sociable). Return home to a warming hazelnut hot chocolate.

5

Bake it

Everyone remembers that one family member who perfects a Christmas bake – perhaps your Gran makes the ultimate Christmas cake, or your sister bakes the snappiest gingerbread. Now it's your turn to perfect a vegan Christmas essential, and become 'family famous' for your festive bake. There are so many vegan recipes available online and in this magazine, so brush up on your whisking and mixing. It feels good to bake something that everyone will share, enjoy, and talk about, and just like that, a new tradition is born.

6

Write to Santa

No matter your age, it's nostalgic and exciting to write a letter to Santa Claus. Guide children to write about the achievements they have made this year, as well as all the things they are grateful for. Before they start writing a list of the gifts they wish for, tell them that they can ask for something they want, something they need, something to wear, and something to read. Then anything else is an extra special gift from Santa Claus!

7

No-spend Eve

Shops are mad busy on Christmas Eve, so start the tradition of a no-spend day. It needs planning to ensure all the gifts are bought and wrapped, and the food and drink is in the fridge at home. Avoid the crowded shops, impulse buys, and feeling overwhelmed, prepare in advance, and spend Christmas Eve relaxing. Spend precious quality time with friends and family, feel cosy and content at home, and experience what the season is all about.

8

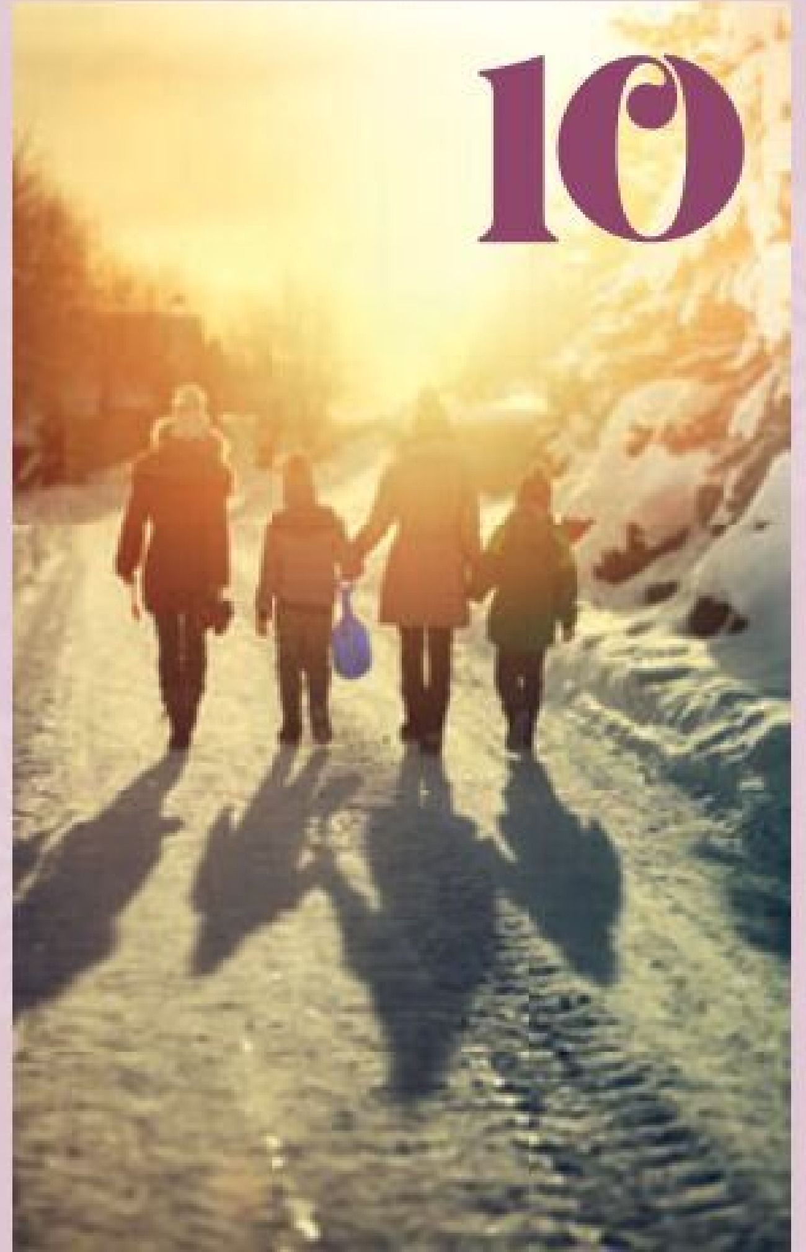
Indulge in books

In Iceland, there is a wonderful tradition called *Jolabokaflod*, or 'Christmas book flood' in English. On Christmas Eve, families cosy up together to give each other new books. They'll then settle around the fire and spend the whole night reading. A simple idea, yet there's something magical about the whole family reading together, and it may distract excited children from getting too worked up ahead of the big day, particularly as they get to open a present a day early. Christmas Eve boxes seem to be taking off in the UK, but this is a simpler, less expensive option.

9

Bring & share

If you feel stressed at the idea of hosting Christmas, or guilty at being a guest when someone else is rushing around the kitchen, start a new, fair tradition of a bring and share Christmas dinner. Decide what dishes everyone wants to eat, then make a written plan for who will cook and bring each one. Remember to let the guests know well in advance. Sharing the chore of cooking a large Christmas dinner helps to ease stress, and gives everyone a chance to showcase their creations.



10

Winter walk

The nut roast is eaten, the crackers are pulled, and all the presents are unwrapped – it's time for a family walk. It's great for relaxing after all the cooking and it's lovely to bump into neighbours and friends to wish them Season's Greetings. It also helps get everyone out of the house to avoid family tensions and, most of all, it's perfect for making special memories. ♥

BEET WELLINGTON

Boot the beef for some beet! Served with good old gravy.

By Zacchary Bird

Serves **6** | *Prep* **15 mins plus chilling** | *Cook* **1 hr 40 mins** | *Calories* **400** *(per serving)*

- 5-6 small beetroots (beets)
- 3 tsp olive oil
- 2 frozen dairy-free puff pastry sheets, thawed
- 2 tsp soy milk
- 2 tsp aquafaba

FOR THE FILLING

- 4 French shallots, diced
- 200g (2 cups) mushrooms, chopped
- 1 tbsp chopped rosemary
- 2 tsp minced garlic
- 2 tsp chopped thyme
- 2 tbsp vegan white wine or sherry
- 200g (1¼ cups) tempeh
- 150g (¾ cup) brown lentils, cooked
- 2 tbsp psyllium husks
- 1 tbsp vegan Worcestershire sauce
- 1 tbsp tomato purée (paste)
- 1 tsp Dijon mustard
- ½ tsp ground nutmeg
- ½ tsp liquid smoke
- sea salt and black pepper, to season

FOR THE GOOD GRAVY

- 80g (⅓ cup) dairy-free butter
- 40g (⅓ cup) plain (all-purpose) flour
- 1 tbsp beef-style stock powder
- 3 tsp dark soy sauce
- 2 tsp balsamic vinegar
- 1 tsp Vegemite or Marmite
- 1 tsp black pepper

1. Preheat the oven to 225°C/Gas Mark 8. Place the beetroot in a casserole dish (Dutch oven). Coat in 1 tbsp of the oil, then roast for 1 hour, until soft. Peel while warm and set aside.
2. For the filling, place the shallot and 1 tbsp oil in a saucepan over low heat. Gently sauté for 10 minutes. Add the mushroom and cook for 10 minutes, adding splashes of water intermittently so they are sitting in a shallow pool of boiling water until they begin to brown. Add the rosemary, garlic and thyme to the pan, then deglaze with the wine or sherry. Transfer to a food processor, add the remaining filling ingredients and pulse until well combined.
3. Lay a sheet of clingfilm (plastic wrap) on a work surface and place a sheet of puff pastry on top. Evenly spread the filling over the pastry, leaving a 2cm (¾in) border. Place the beetroot along the centre of the Wellington to fill most of the length. Use the clingfilm

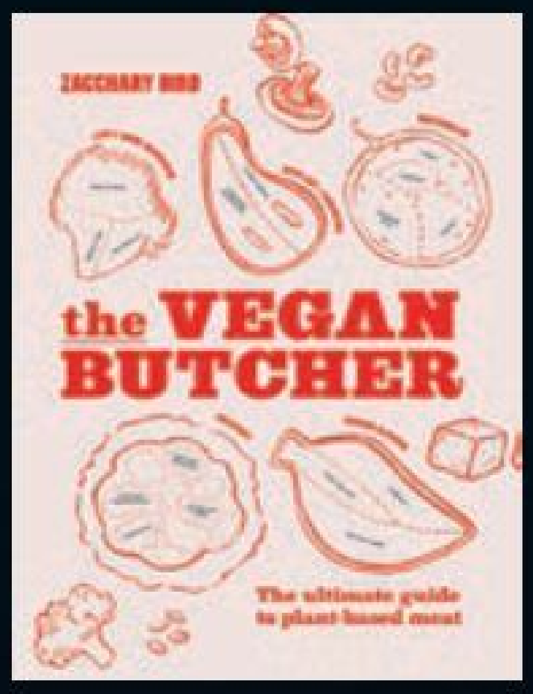
MOCK MEATS

Have fun replicating the taste and texture of different types of meat to create three fabulous vegan centrepieces that will baffle carnivores

to help you roll the filling and beetroot into a log, rolling the mushroom and pastry around the beetroot until both sides of the pastry meet. Flip the Wellington over, then transfer to a baking tray lined with baking paper.

4 Tuck in the ends of the pastry to seal the log, then cut the remaining puff pastry sheet into thin strips and create a lattice on top of the Wellington. Place in the fridge for an hour to firm up. Preheat the oven to 200°C/Gas Mark 6.
5 Combine the remaining olive oil, soy milk and aquafaba in a jug, then brush all over the Wellington. Transfer to the oven and bake for 35-40 minutes, until lovely and golden.
6 For the gravy, heat the butter in a saucepan over medium heat until bubbling. Sift in the flour and stir constantly for 1-2 minutes until you have a roux, then stir through the stock powder. Slowly stir in 500ml (2 cups) hot water, then add the soy sauce, vinegar and Vegemite and simmer for 5-10 minutes until thickened. Taste and don't skip the pepper as it makes a great difference.
7 Allow the Wellington to rest for 15 minutes, then slice into portions and serve with the good old gravy.

The extract on pages 32-35 is taken from *The Vegan Butcher: The ultimate guide to plant-based meat* by Zacchary Bird, photography by Emily Weaving, published by Smith Street Books. (RRP £30.)



PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
22.8g	8.4g	1.6g	11.6g	37.4g	13.7g

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
15.7g	3.4g	3.43g	5.9g	40.4g	47.9g

BIRD ROAST

Named after Zacchary Bird, esteemed author of this sentence, this bird roast isn't quite meant to be a chicken and it's definitely not a turkey.

By Zacchary Bird

Serves **8** *with sides* | *Prep* **30 mins** | *Cook* **2 hrs** | *Calories* **493** *(per serving)*

300g (2 cups) vital wheat gluten
2 tbsp torula yeast or mushroom seasoning
300g (1½ cups) firm tofu
350ml (1½ cups) aquafaba from tofu or tinned cannellini beans or chickpeas (or water)
1 tbsp white vinegar
200g (1¼ cups) vegan stuffing mix
2 tbsp dairy-free butter
4 large wet yuba skins (chilled soft bean curd sheets)
vegetable oil, for brushing

FOR CHICKEN-STYLE FLAVOUR

2 tbsp white miso paste
2 tbsp rapeseed (canola) oil
2 tbsp chicken-style stock powder
1 tbsp soy sauce
2 tsp onion powder
1 tsp garlic powder
1 tsp dried sage
1 tsp dried thyme
1 tsp dried rosemary
½ tsp ground white pepper

FOR TURKEY-STYLE FLAVOUR

2 tbsp white miso paste
1½ tbsp Maggi seasoning
4 tbsp rapeseed (canola) oil
1½ tbsp chicken-style stock powder
2 tsp onion powder
1 tsp liquid smoke
¼ tsp ground allspice
¼ tsp ground nutmeg

FOR THE BIRD GLAZE

3 lemons, zested and juiced
6 garlic cloves, minced
15g (½ cup) finely chopped flat-leaf parsley
1½ tbsp Dijon mustard
2½ tbsp olive oil
1½ tsp sea salt
black pepper, to season
a pinch of chilli flakes
2 rice paper sheets

1. Combine the vital wheat gluten and torula yeast or mushroom seasoning in a bowl. Add your choice of chicken or turkey-style flavourings.
2. Place the tofu, aquafaba or water and vinegar in a blender and blend until smooth, then transfer to a stand mixer fitted with a dough hook. Add the vital wheat gluten mixture, then knead on medium speed for 3 minutes to bring the dough together to form gluten strands. Remove from the bowl and use your hands to smooth the seitan dough into a 24x18cm (9½x7in) rectangle. If the gluten resists, let the dough rest for 10 minutes to convince it to cooperate. The edges of the rectangle will remain thicker, so tear them off (about one quarter of the total volume) and mould these into two drumsticks.
3. Fold a piece of foil in half so it is a little wider than the dough and lay the dough on top (do not wrap). Transfer to a steamer and place the drumsticks on top. Cover and steam for 30 minutes, then set aside to cool. Feel free to forget what you were doing until tomorrow or proceed below!
4. While the dough is steaming, prepare the stuffing mix as per the packet instructions. Incorporate the butter, then form the stuffing into a log and set aside for a few minutes to firm up. Lay the seitan dough over the stuffing log.
5. Use a sheet of clingfilm (plastic wrap) to forcefully wrap the seitan around the stuffing, shaping the sides and stretching it as needed. Wrap a second sheet of clingfilm from top to bottom of the roast and use it to tuck the ends under, making a rounded shape. Add a third sheet of clingfilm, further shaping the roast as desired. Firmly place a hand down on one end of the roast, and allow the other end to balloon out, mimicking the shape of a poultry roast.
6. Preheat the oven to 180°C/Gas Mark 4. Grease and line a large roasting tin.
7. Combine the glaze ingredients in a bowl. Unwrap the moulded roast and carefully place in the prepared tin. Stab the roast vigorously with a skewer for extra glaze access points. Use a pastry brush to baste the roast with one-third of the glaze. Lay one yuba skin squarely over the roast and tuck underneath to seal in the stuffing. Spread over more glaze and press the two drumsticks down on the flatter end of the roast (they may shift while cooking – this is OK).
8. Lay another yuba skin over the flatter part of the roast to secure the drumsticks, tucking under again. Cut the yuba left hanging off the roast up the middle and twist each piece tightly. Tie together to create a bow – the 'legs' – at the back of the roast. Spread glaze over everything.
9. Lay another yuba skin over the other half of the roast and tuck under once more. Brush over more glaze. Place the last sheet squarely over the whole roast, tucking underneath and bundling the leftover yuba at either side to make two loose 'wings'. Stop, glaze and glisten. You should have one-third of the glaze left for basting. Use a knife to carve a cloaca into your roast for dramatic effect and make a small slice in the yuba on the inner side of each drumstick. Tuck the yuba under the drumsticks to define them further. Pour 125ml (½ cup) water around the roast, cover with foil and roast for 30 minutes.
10. Remove from the oven, baste with half the remaining glaze and pour another 125ml (½ cup) water around the roast. Re-cover with the foil and roast for another 30 minutes. Baste again, remove the foil and roast for 20 minutes more. Brush oil over parts that need to catch up on browning and dab water over parts that have begun to blacken more quickly than the rest of the roast, and roast for a further 10 minutes. You may like to cover some of the darker parts with foil so that the skin browns evenly. Remove from the oven, rest for 20 minutes and serve.

PORK BELLY

Deep-frying the pork belly adds fat to this dish, which is after all what we are trying to recreate – so don't skip this part.

By Zacchary Bird

Serves **6** | *Prep* **15 mins** *plus soaking* | *Cook* **40 mins** | *Calories* **296** *(per serving)*

400-500g (2-2½ cups) hard smoked tofu, frozen and thawed once
2 tsp soft brown sugar
50g (1 large sheet) fresh folded yuba skins (refrigerated soft bean curd sheets)
vegetable oil, for deep frying
2 tbsp hoisin sauce
sea salt, to season
dipping sauce (optional), to serve

FOR THE PORK BELLY STOCK

250ml (1 cup) pork-style stock
2 tbsp liquid aminos
1 tbsp torula yeast
2 tsp red miso paste
1 tsp onion powder
1 tsp smoked paprika
¼ tsp liquid smoke

FOR THE PORK BELLY FAT

180g (1½ cups) wheat starch
25g (¼ cup) glutinous rice flour
2 tsp mushroom seasoning
1 tsp smoked paprika
½ tsp ground white pepper
½ tsp garlic powder

1. Combine the pork belly stock ingredients in a saucepan and bring to the boil. Remove from the heat.
2. Slice the tofu into four thick strips and plunge into the boiling hot stock. Soak for 1 hour, then drain, pat dry and rub the brown sugar into the exterior.
3. Line a small baking dish that will snugly fit the tofu in a single layer with foil, then baking paper, allowing extra foil and paper to hang over the edges. Add the tofu to the dish. Cut the yuba in half, then fold both halves into two long strips that match the height of the dish. Place the strips between the tofu and the edges of the dish.
4. Combine the pork belly fat ingredients in a bowl, then add the stock and mix well. Pour over the tofu to fill the dish, then fold over the baking paper and foil to secure.
5. Prepare a large steamer, then steam the pork belly fat in the dish for 30 minutes. Allow to cool.
6. Heat the oil in a large heavy-based saucepan over medium–high heat. Test if the oil is ready by inserting a wooden skewer or the handle of a wooden spoon into the hot oil; if it begins to bubble quickly, then you are ready to go.
7. Slice the pork belly into 12 slabs and deep-fry in two batches for 5 minutes, agitating occasionally so all sides crisp up. Drain on paper towel, then brush the hoisin sauce over the yuba parts of the belly slices and sprinkle with salt. Serve warm with your choice of dipping sauce, if desired.

PER SERVING

9.4g	2g	2.87g	3.9g	34g	17.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

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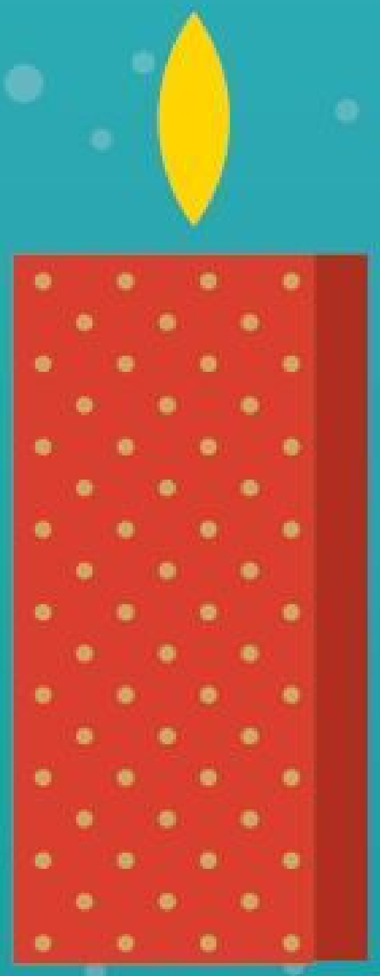


Christmas SIDES

When a festive feast demands "all the trimmings", these are the sides you can make to satisfy any appetite

MINI GARLICKY HASSELBACK POTATOES

By Katia Martin (happyasayam.com)

Serves **4** | *Prep* **15 mins** | *Cook* **35 mins** | *Calories* **266** *(per serving)*

- 675g (4½ cups) baby potatoes
- 80ml (⅓ cup) olive oil, extra to serve
- 8g (¼ cup) fresh basil, minced
- 8g (¼ cup) fresh parsley, minced
- 3-4 garlic cloves, finely grated (optional 5-6 extra cloves in their casing)
- salt, to taste
- pepper, to taste

1. Preheat the oven to 220°C/Gas Mark 7. Line a baking sheet with parchment paper.
2. Using a paring knife, make crosswise cuts in each potato, about 3mm (⅛in) apart, stopping before the bottom. Place on the baking sheet.
3. In a mixing bowl, combine the basil, garlic, olive oil and parsley.
4. With a spoon, pour some of the mix on top of the potatoes and use the edge of the spoon to wedge the herbs into the creases of the potatoes. Sprinkle with salt and pepper.
5. Place into the oven and bake for about 35-45 minutes. Let the potatoes cool for a minute or two then drizzle with olive oil.

PER SERVING

19.2g	2.8g	0.14g	0.1g	22.2g	4.7g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

ROAST BEETS, SAMPHIRE AND SMASHED BEANS

By Riverford (riverford.co.uk, @Riverford)

Serves **2** | *Prep* **15 mins** | *Cook* **1 hr** | *Calories* **487** *(per serving)*

- 1 bunch of beetroots
- 3 carrots
- ½ tsp caraway seeds
- 100g (2 cups) samphire
- 15g (¼ cup) garlic chives
- 1 tbsp maple syrup
- 1 tbsp balsamic vinegar
- 2 tbsp tahini
- 1 orange
- 1 onion
- 400g tin (1⅔ cups) of butter beans
- 1 lemon
- 20g (1 cup) basil
- 50g (1½ cups) watercress

1. Preheat the oven to 190°C/Gas Mark 5. Trim the beets of any leaves and lightly peel them. Chop into wedges. Halve or quarter the carrots, lengthways, depending on size. Place both in a roasting tin. Toss in oil to coat. Season. Roast for 35-40 minutes or so. Toss them halfway through with the caraway seeds.
2. Make sure the samphire is washed well. Chop or snip 1 good tbsp of garlic chives.
3. In a small bowl, whisk the maple syrup, balsamic vinegar, tahini, 1 tbsp orange juice and 1 tbsp or so of olive oil. Season to taste. Set aside.
4. Halve, peel and finely dice the onion. Heat ½ tbsp oil in a saucepan. Fry the onion for 10 minutes, stirring often, until softened.
5. Drain the butter beans. Place in a food processor. Add a quarter tin of water. Add the onion, a squeeze of lemon (about 1 tbsp) and season. Blend until smooth. (Or lightly mash it all together.) Transfer the mixture to a saucepan.
6. When the roots are almost done, gently warm the butter bean mash. Remove from the heat and stir in the chives. Boil the samphire for 2-3 minutes, until just tender. Drain.
7. Tear up a handful of basil. Squeeze orange juice – ½ tbsp or so – over the roots. Scatter over the basil and check the seasoning.
8. Serve the warm mash topped with watercress, the roasted roots drizzled with tahini, samphire and chopped chives and/or basil.

PER SERVING

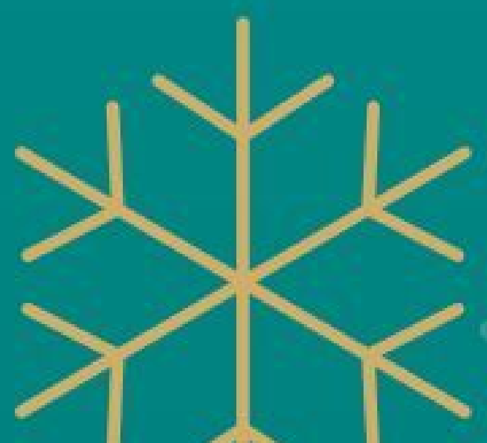
12g	1.5g	0.76g	43.4g	82g	17.9g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

APPLE AND CELERIAC MASH

By Pink Lady Apples (pinkladyapples.co.uk)
Serves **6** | *Prep* **10 mins** | *Cook* **20 mins** | *Calories* **346** *(per serving)*

- 4 Pink Lady® apples, peeled, cored and chopped into cubes
- 1 celeriac, peeled and chopped into roughly 1cm (½in) chunks
- 2 potatoes (mashing variety), peeled and cut into cubes
- 2 bay leaves
- 2 garlic cloves, sliced
- 150ml (⅔ cup) vegan cream
- 6 tbsp truffle oil
- 1 truffle
- salt and pepper, to taste

1. Put the apples, celeriac, potatoes, bay leaves and garlic into a deep pan and fill with enough water until covered. Bring to the boil, then simmer for 15-20 minutes or until the celeriac is very soft.
2. Drain into a colander, removing the bay leaves, and leave to cool with no steam (the steam will make it waterlogged).
3. Once cooled, put the apples, celeriac and potatoes back into the pan and mash to a smooth consistency. Place on the heat and slowly stir in the cream until it's thoroughly mixed through.
4. Finely grate nearly all the truffle, reserving some for the top and add 3 tbsp of the truffle oil. Season with salt and pepper and mix again.
5. To finish, scoop into a serving bowl, drizzle with the remaining truffle oil, grate over the remaining truffle and serve.



PER SERVING

25.2g	10g	0.35g	11.2g	23.5g	3.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

POTATO AND CHESTNUT BOULANGERE

By Merchant Gourmet (merchant-gourmet.com)
Serves **6** | *Prep* **20 mins** | *Cook* **1 hr 20 mins**
Calories **344** *(per serving)*

- 50g (scant ¼ cup) vegan butter
- 1 tbsp olive oil
- 2 large white onions, finely sliced
- 2 x 180g pouches (2½ cups) of Merchant Gourmet Whole Chestnuts
- 5 thyme sprigs
- 300ml (1¼ cups) vegetable stock
- 1kg (7 cups) Desiree potatoes

1. Heat 1 tbsp of the butter in a large frying pan with the olive oil and add the onions. Cook on a low heat for 10 minutes, until soft and caramelised, being careful not to burn them.
2. Add the chestnuts, thyme, vegetable stock, a big pinch of salt and pepper and bring to a gentle simmer. Continue simmering on a very low heat while you prep the potatoes.
3. Thinly slice the potatoes using a mandoline (you can leave the skin on if you prefer, or peel) and grease a 20x30cm (8x12in) baking dish with some butter. Put a layer of potatoes in the bottom, overlapping them slightly, then scoop out some of the onions and chestnuts with a slotted spoon and spread evenly on top. Repeat this process until everything has been used up, finishing with a layer of potatoes and leaving a few slices of onion and chestnuts to go on top.
4. Pour the remaining stock into the dish, along with any leftover onions, then spread everything out evenly on the top. Cut the butter into little cubes and dot around the dish.
5. Cook uncovered for an hour, or until the top is crisp and a knife easily goes through the potatoes. Cover with tin foil if it starts to burn.
6. Rest for 10 minutes before serving, finishing with some fresh thyme leaves if needed.

PER SERVING

9.8g	2.6g	0.19g	2.4g	57.1g	5.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

EASY STUFFING

By Elizabeth Emery from Vancouver With Love (vancouverwithlove.com)
Serves **6** | *Prep* **15mins** | *Cook* **55 mins** | *Calories* **195** *(per serving)*

- 2 tbsp olive or other unflavoured oil (like avocado)
- 1 medium onion, diced finely
- 1 small celery stick, diced finely
- 20g (¾ cup) fresh sage, leaves only, diced finely
- 250g (5 cups) breadcrumbs, gluten-free or regular, depending on preference – they should be course, and a little larger in texture. If you don't have ready-made breadcrumbs, pulse about 6 bread slices in a food processor for 30 seconds
- 120ml (½ cup) vegetable stock (broth) – you want the stock quite strong, so use 1 tsp powder or ½ a cube
- ½ tsp salt
- ¼ tsp pepper

1. Preheat the oven to 175°C/Gas Mark 4.
2. Heat the oil in a large frying pan (skillet) on a medium-high heat. Sauté the onion and celery for 5 minutes, stirring constantly.
3. Add the sage and sauté for just 1 minute more to soften. Remove from the heat.
4. In a large bowl, thoroughly mix the breadcrumbs, onion/celery/sage mixture, stock, salt and pepper.
5. Pour the mixture into a large ovenproof dish and bake for 35 minutes.
6. Remove the foil and bake for another 10 minutes, until the top is browned and crispy.
7. Remove and serve immediately as a side dish to your celebration feast!

PER SERVING

5.1g	0.7g	0.49g	0.9g	32.8g	4.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

GARLIC BUTTER STUFFED PORTOBELLO MUSHROOMS

By Shannon Michelle (shannonmichelle.co.uk)
Serves **2** | *Prep* **10 mins** | *Cook* **10 mins** | *Calories* **607** *(per serving)*

- 4 Portobello mushrooms
- 3 tsp garlic
- 125g (½ cup) vegan butter
- 60g (¾ cup) panko crumbs
- 1 tsp Italian seasonings (oregano, thyme)
- 1 spring onion (scallion), finely chopped
- 1 tsp fresh chives, finely chopped
- 8g (¼ cup) fresh parsley, chopped
- ½ tsp salt and pepper
- 4 cherry tomatoes, halved

1. Preheat the oven to 200°C/Gas Mark 6.
2. Add the vegan butter, garlic and Italian seasonings to a saucepan. Bring it to low-medium heat and stir every now and then, allowing the butter to melt completely and the garlic to become fragrant.
3. Remove the mushroom stems and rinse and dry them. Brush a tiny bit of melted butter onto the bottom of each mushroom before placing them on a baking tray.
4. Pour the panko crumbs into a medium size bowl along with the parsley, chives, spring onion, salt and pepper. Mix everything around a little before pouring in the garlic butter mixture. Stir until completely combined.
5. Brush the insides of each mushroom with a bit more melted butter before scooping the garlic butter stuffing into each mushroom. Make sure all of them are equally stuffed before adding the tomato halves to the tops of each mushroom.
6. Place the mushrooms in the oven for 5-10 minutes.
7. Remove the mushrooms from the oven and top them off with a bit more fresh parsley and enjoy! You could even add vegan cheese on top, but I think they taste great without.

PER SERVING

50.4g	16.2g	3g	2.2g	31.4g	10.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

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Nutrition SOS

Make sure you're meeting your nutritional needs with our section dedicated to getting all the good stuff into you...

Vegan Society tips for... eating well

Nourish those aching joints

Asthma and a wholefood plant-based diet - a new approach

Vegan Society tips for...

EATING WELL

Heather Russell consults her colleagues at The Vegan Society to gather great advice on enjoying a vegan diet

Over the next two months, I'm going to share tips for eating well from some of my lovely colleagues at The Vegan Society, plus a few nutrition comments from me. Whether you're a seasoned vegan or you're signing up for Veganuary, we hope that these tips will help you to take stock of your diet and find inspiration.

JOHN ANDREWS

Systems and Information Officer

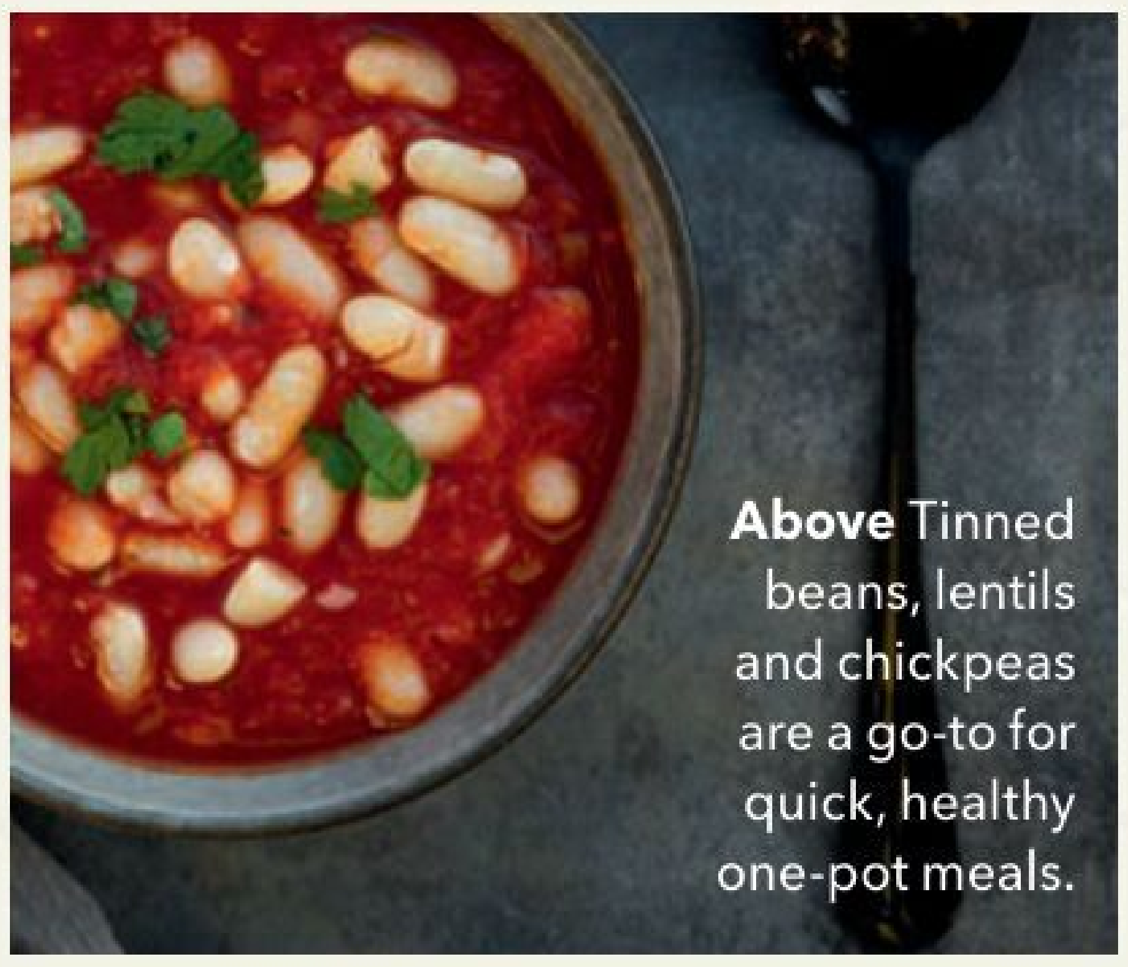
Some people see a vegan diet as restrictive, but I would say since going vegan I've become more adventurous in my cooking and enjoyment of food. It's fun to explore cuisines that have always had a vegan element and experiment with veganising dishes containing animal products.

Heather's comment: It's so important to tackle the misconception that going vegan is about restricting your food intake. In reality, it's about replacing animal products with alternative sources of nutrition and exploring a new lifestyle.

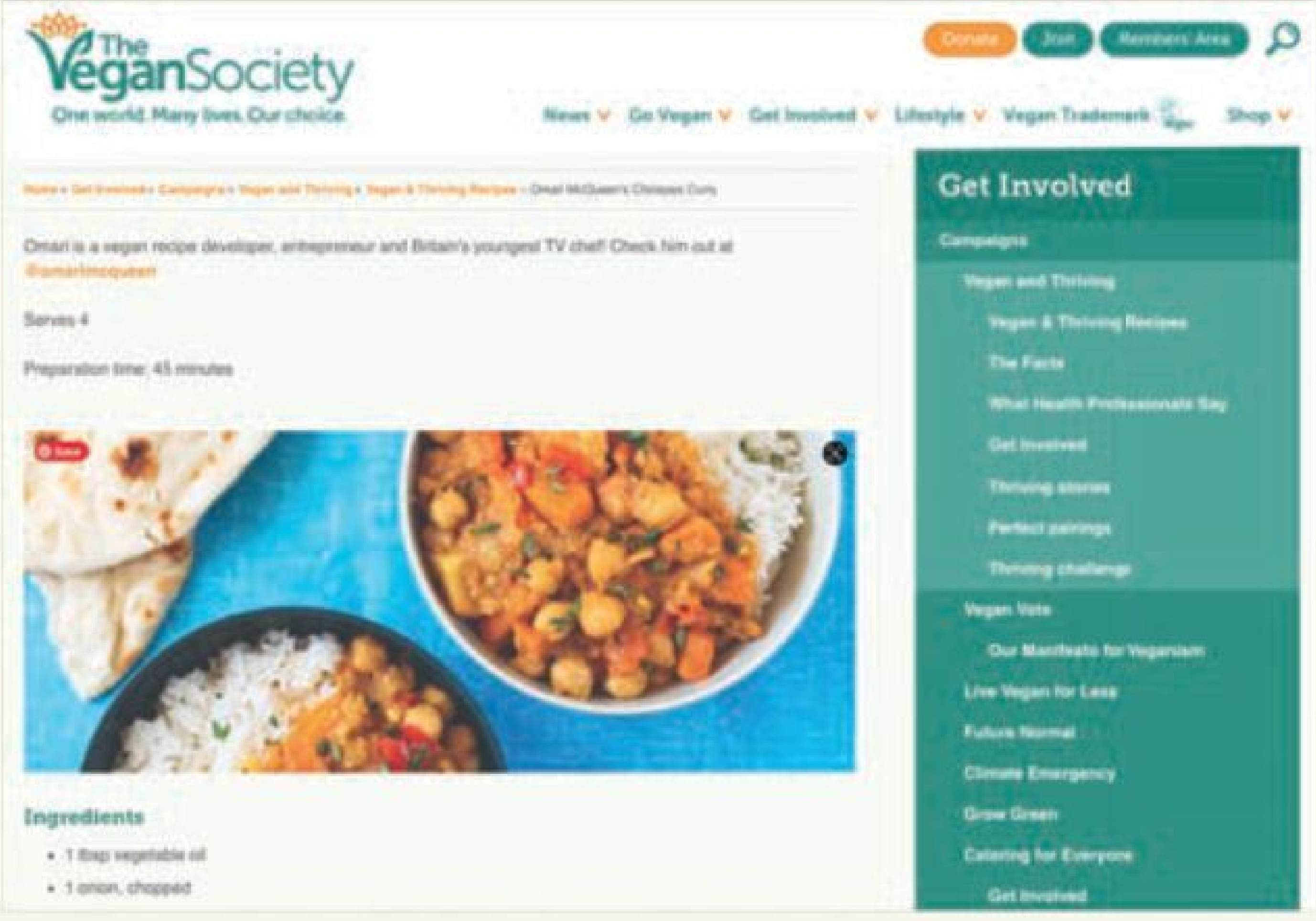
HAYLEY KINNEAR

Web Officer

If you don't like a food in one recipe, you might still enjoy it cooked a different way, so don't disregard it. For example, I'm not a fan of bell pepper when it's raw, but I love it chargrilled on pizza or with pasta. Also, don't give up on making a meal because it didn't come out the way you hoped the first time round. It takes me a few attempts to adjust the ingredients to suit my taste.



Above Tinned beans, lentils and chickpeas are a go-to for quick, healthy one-pot meals.



Omari is a vegan recipe developer, entrepreneur and Britain's youngest TV chef! Check him out at @omarimcqueen

Serves 4

Preparation time: 45 minutes

Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped

Above As you might expect, the resources at The Vegan Society website are much in demand by the staff there as well.

Heather's comment: When making any dietary change, it's good to keep in mind that our taste preferences are flexible and we can get used to different tastes and textures over time. Patience is definitely a virtue when trying new foods and cooking methods.

SAM CALVERT

Head of Communications

I recommend using tinned beans, lentils and chickpeas – nutritious and no soaking necessary. Grab some ingredients, open a few tins and you can cook a one-pot meal from scratch. For example, I like making chilli using tinned green lentils.

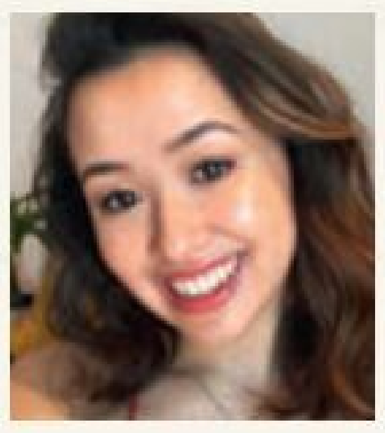
Heather's comment: Embracing legumes, like kidney beans, lentils and chickpeas, is one of the best ways of making the most of a vegan diet. They're a low-fat, fibre-rich protein source and tinned options are perfect when you want to prepare a balanced meal with minimum fuss.

EATING WELL VEGAN SERIES PART 2

ON SALE
15 DECEMBER

YOUR EXPERT

Heather Russell is passionate about eating well and keeping fit. She trained to be a dietitian to combine her love of science with a desire to help people, and she loves food! She worked in the NHS from 2010-16, and is now using her dietetic skills to support the work of The Vegan Society. www.vegansociety.com



MARY BARRY

Trademark Account Assistant

Don't be afraid to experiment with making up your own recipes – get out of the mindset of 'meat and two veg' and instead have fun with combining different foods based on what you love, what's in your cupboard and what each ingredient supplies nutrient-wise. Do some nutrition research and be mindful of this when creating meals, but also remember that you don't need to have a perfect balance 100 per cent of the time. Choose a variety of foods to help you maintain an enjoyable vegan lifestyle.

Heather's comment: I love Mary's tips – creativity, enjoyment and variety are such important elements of eating well. Our 'Meal planning' page at vegansociety.com provides a nutrition framework for planning balanced meals – ideal for helping you to create your own recipes.

ELLA MARSHALL

Trademark Team Manager

I love trying out new, healthy recipes, taking inspiration from The Vegan Society's website. My favourite Vegan and Thriving recipes are 'Omari McQueen's chickpea curry' and 'Cauliflower steaks with chimichurri peas'.

Heather's comment: It's wonderful to hear that Ella is inspired by Vegan Society recipes. Our Vegan and Thriving recipes have been specially selected with dietary balance in mind. Why not head to vegansociety.com/thriving and share your favourites with family and friends this month? Also, check out vegansociety.com/nutrition for an array of invaluable resources about enjoying vegan diets.

Below Just as we adapt a pet's diet as it gets older, we should do the same for ourselves.

MATURE VEGAN SERIES PART 2

Nourish those aching joints

Veronika Charvátová MSc, from Viva! Health, guides you to the right foods and supplements to support your body and prevent pain from aching, creaking joints

Viva! Health is a part of the charity Viva!, Europe's largest vegan campaign group. It monitors scientific research linking diet to health and provides accurate information on which you can make informed choices about the food you eat. viva.org.uk/health

Whether you're into sports, gardening or hiking, aching joints are more common than you think. Sometimes, simply getting older brings joint troubles. Here's all you need to know to support your joints and nourish them.

WHY DO OUR JOINTS HURT?

There are many reasons why joints can ache – rheumatoid arthritis, gout, osteoarthritis, inflammation or irritation caused by bad posture or movement patterns resulting in joint stress.

- **Osteoarthritis** is a common age-related disease characterised by wear-and-tear damage. It results in joint inflammation, pain and limited mobility.
- **Rheumatoid arthritis** is an autoimmune disease, causing the body to attack its own joint lining and leading to joint inflammation and swelling.
- **Gout** is also a type of arthritis, caused by crystals of uric acid deposited in the joints and causing pain. It's more likely to develop if you eat meat, drink alcohol excessively, are obese, have kidney disease or diabetes.

What all these conditions and other non-specific joint pain have in common is inflammation and a certain level of damage. You may experience pain after repeating a particular movement – for example, if you're redecorating and have to crouch and stand up repeatedly, your knees might become painful. It doesn't mean you have a disease, you may have just overdone things, resulting in mild inflammation that will subside.

Because the causes of joint pain have similar features, the following nutrition tips apply to all of them. There's a lot you can do to alleviate joint troubles!

ANTI-INFLAMMATORY FOODS

Making your diet full of nutritious and anti-inflammatory foods can offer some relief to joints and may support your body's repair work. Eat these foods daily:

- **Vegetables** – particularly dark green leafy veg, such as kale, rocket, broccoli, cabbage, spring greens or Brussels sprouts. They contain compounds that block an enzyme which causes joint swelling. Brightly coloured vegetables should also feature on your daily menu because they contain antioxidants that help combat inflammation.
- **Garlic, ginger, turmeric** – this trio are well-established as potent anti-inflammatories, which is why many joint health supplements contain them.
- **Berries** – raspberries, blueberries, blackberries, strawberries and other berries are packed with anti-inflammatory compounds and vitamin C, important for tissue repair.
- **Cherries** – they actively block the formation of several inflammatory proteins and so can help to alleviate joint pain. Cherries also help to reduce uric acid levels in the body – extra helpful for gout sufferers!
- **Omega-3s** – these fats help with tissue repair and are anti-inflammatory. Find them in flaxseed, chia seeds, hemp seed, walnuts or try an algal supplement.
- **Wholegrains** – these little nutrient bundles contain good carbs, fibre, protein, vitamins and minerals as well as antioxidants, making them nutritious and anti-inflammatory, as opposed to refined grains (white bread) that fuel inflammation.
- **Good protein sources** – especially beans, lentils, soya and chickpeas, as they contain a lot of healthy protein along with antioxidants – the body needs both to repair tissues, cartilage and joint lining.

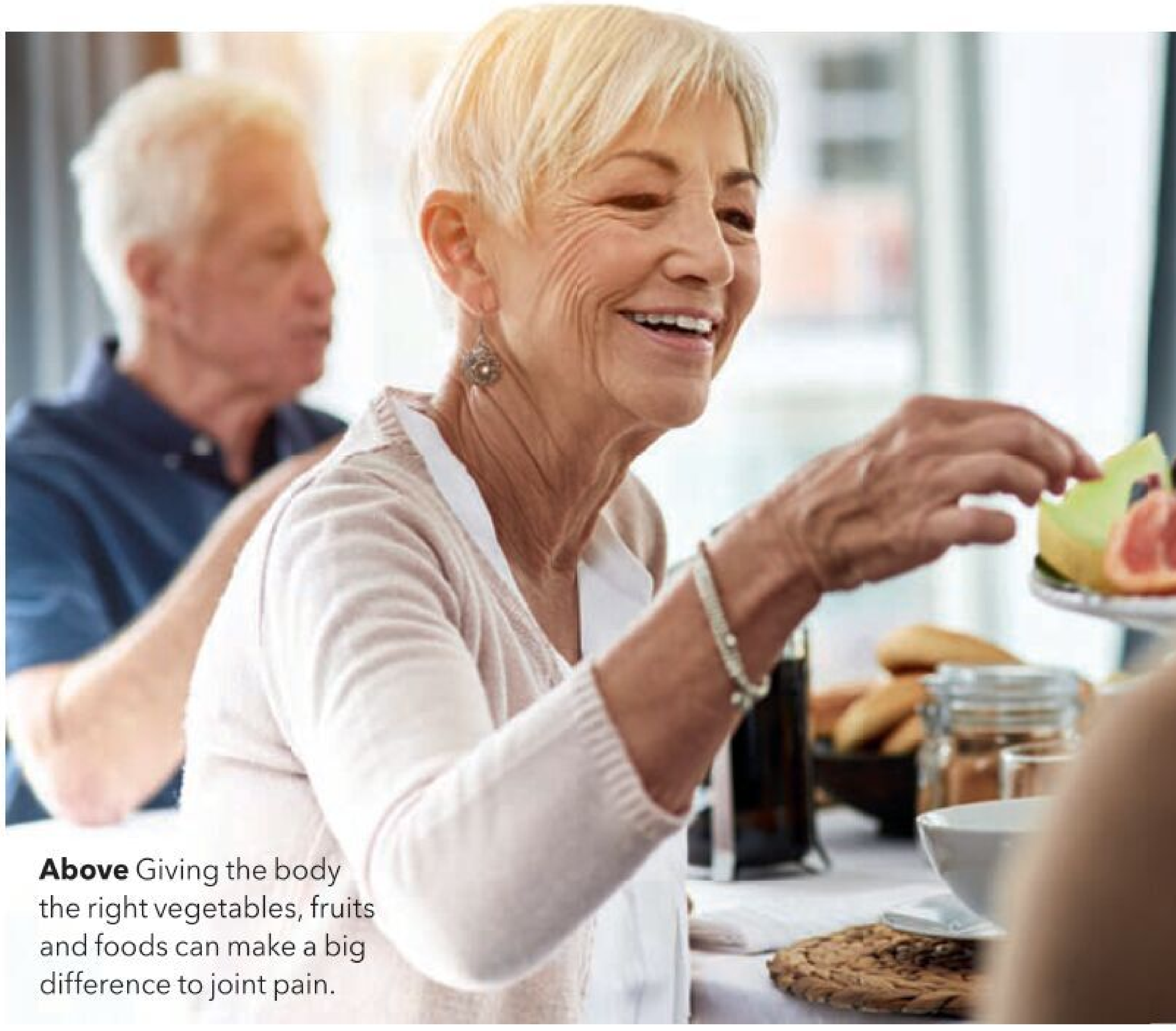
FEED GOOD GUT BACTERIA

You may think that what happens in your gut has little to do with your joints, but that would be wrong. More and more studies show that our gut bacteria affect not just digestion, but also our immune system and joint heath!

If you eat a diet based around animal products, fats, junk foods, sweets and crisps, you most likely have more of the "bad" gut bacteria producing toxins that can harm your gut wall, get into the blood and travel to your joints, fuelling inflammation and further damage. Even if you're vegan, a junk food diet can hurt your joints.

A diet based on wholesome plant foods that are full of fibre – fruit and veg, wholegrains, pulses, nuts and seeds – feeds the "good" gut bacteria that produce beneficial by-products that support gut health, tone down inflammation and can relieve joint pain. By simply changing your diet, you can change the composition of your gut bacteria – make the good ones thrive and the bad ones go away!

> *"It doesn't mean you have a disease, you may have just overdone things"*



Above Giving the body the right vegetables, fruits and foods can make a big difference to joint pain.

SUPPLEMENTS THAT CAN HELP

A lack of vitamin D can cause non-specific joint pain. Given that many of us get too little sunshine, especially from October to April, we should take a vitamin D supplement regardless of joint pain. A dose of 10 micrograms (400 IU) daily is recommended.

One of the best-known supplements for joint health is glucosamine. It's the main component of cartilage and the fluid inside the joints, so supplementing it may give your joints a helping hand. Some glucosamine is sourced from shellfish, so make sure your chosen product is vegan.

Glucosamine is often combined with chondroitin, a cartilage component found in people and animals. Chondroitin is never vegan. However, phytodroitin is a plant-based alternative that is also readily used by your body and has made its way into many vegan joint supplements.

Joint formulas usually contain MSM (a sulphur-containing compound) that's vegan and supports the formation of collagen, essential for tissue repair.

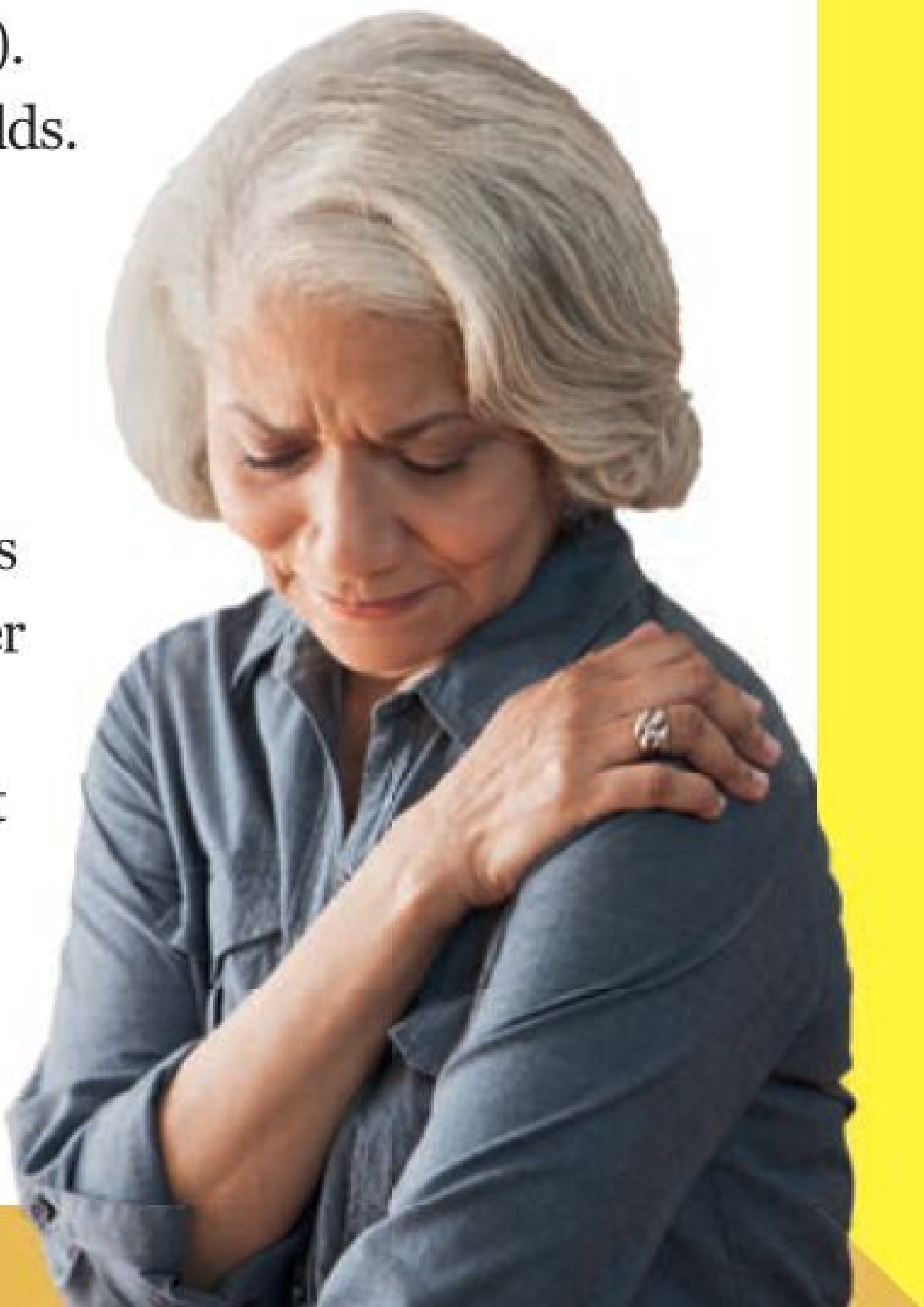
Hyaluronic acid is another compound important for connective tissues, including joints. Your body produces it, but an extra dose may help. Again, it's not always vegan, so check the label.

There are many supplements combining the above compounds with natural anti-inflammatories, such as turmeric, ginger and boswellia (herb). Those may offer the best of both worlds. Always read the ingredients to make sure you're buying a vegan product, but as there's already a large range, you'll have plenty of options.

Bear in mind that joint repair takes time, so you may only see results after six or more weeks. While you're waiting for improvements, be patient and go gently with yourself!

Above Avoid common irritants. Some foods are bad news because they make inflammation worse and hinder healing. These include sugar, refined grains, such as white bread, cakes and pastries, processed foods loaded with fat and sugar or salt, alcohol, meat, dairy, deep-fried foods and, for some people with rheumatoid arthritis, gluten.

Below There are inevitable effects on our joints through ageing, but they can mostly be managed.

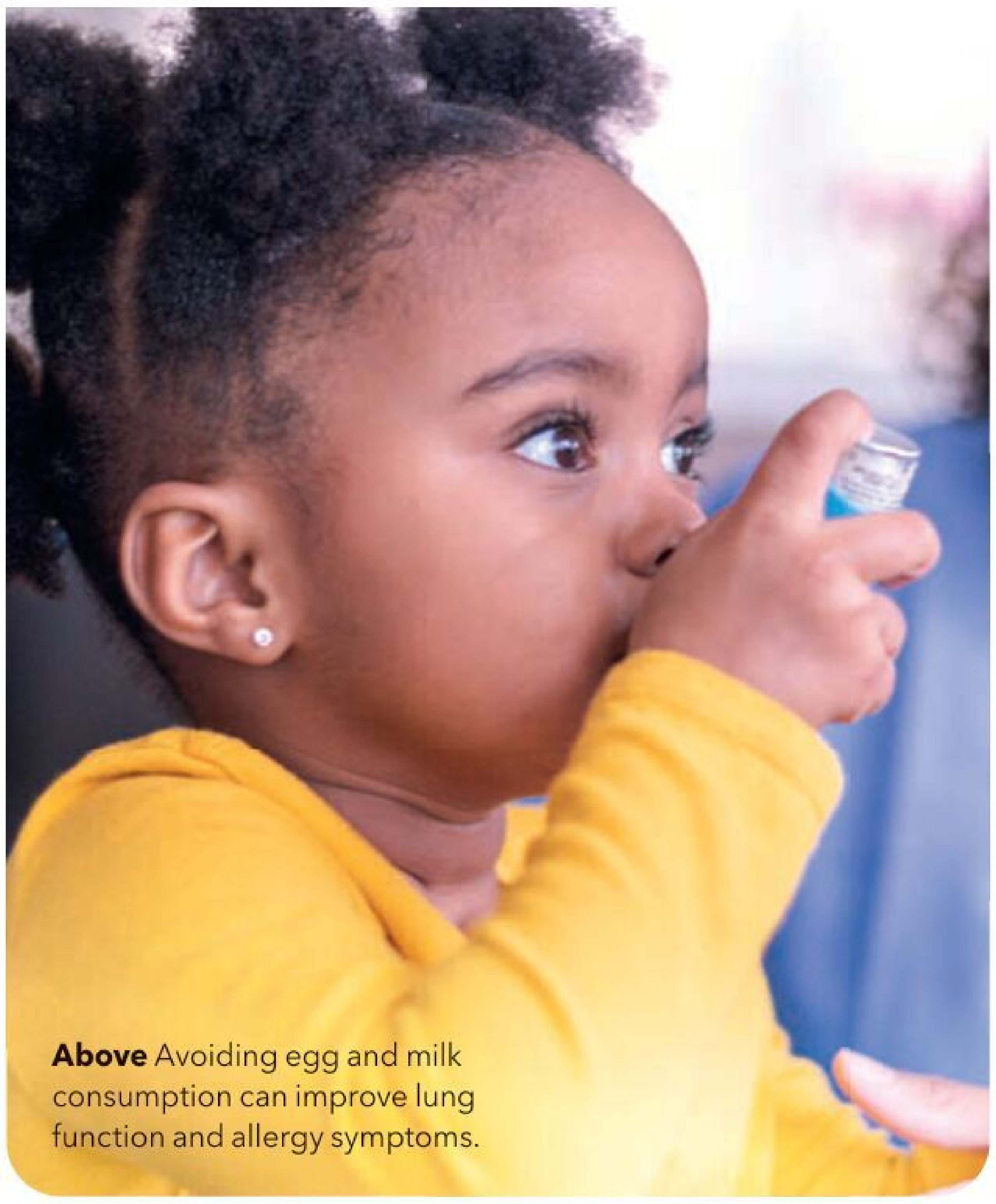


ASTHMA AND A WHOLEFOOD PLANT-BASED DIET; A NEW APPROACH

Sophia Millar investigates the part played by diet in dealing with asthma, and discovers how a wholefood, plant-based approach is proving to be a positive step forward

Our focus on respiratory health over the last 18 months has become vital in understanding how to protect ourselves from viral infections and improve our immunity. The autumn equinox brings a shift in temperature, humidity and cold air and also a host of winter viruses awaiting to greet our immune systems. For asthma sufferers, seasonal changes can present a challenge for an already compromised immune system and focusing on preventative approaches could be the key to reducing symptoms and supporting underlying root causes driving the disease. It is a multifactorial condition involving inflammation, food allergies/sensitivities, pollen, animal dander, fur and hair, environmental toxins, pollutants and triggers, stress, processed foods and genetically modified foods.

The prevalence of asthma among our younger generation is widely reported and is higher than ever, with 1.1 million children receiving asthma treatment and 4.3 million adults suffering with the condition. Asthma can be life-threatening and involve acute treatment of high dose steroids and hospitalisation in more severe cases, with serious asthma attacks occurring every 10 seconds in the UK. Although these statistics are deeply concerning, exploring triggers, gut health, root causes and taking a holistic view could be a powerful renewed way to take positive, preventative action in reducing symptoms and improving quality of life.



Above Avoiding egg and milk consumption can improve lung function and allergy symptoms.

There are many well-researched health benefits of following a wholefood plant-based diet, but how does this apply to asthma? Could the power of naturally nourishing food really help respiratory health, control symptoms, and prevent attacks? It's an empowering notion that a WFPB diet could be the missing link in asthma management. Let's explore the key areas making waves in recent research.

ALLERGIES AND FOOD SENSITIVITIES

Allergies and asthma are closely linked, with 50-80% of asthma cases triggered by allergic reactions. Food allergies can be a driver for the condition and key allergens pose the biggest risk, such as milk and eggs. A clinical study investigated the connection between egg and milk consumption in children aged 3-14 with mild to moderate asthma. Results of the study show that even after a short eight week period, removing egg and milk from the diet can improve lung function and allergy symptoms. During the mid 1980s my own doctor suggested avoidance of milk to help chronic asthma, not a common recommendation even today, which had profoundly positive effects on reduction of symptoms, improved quality of life and less reliance on inhalers. I have also found that when my 12-year-old son avoids dairy and eggs, his asthma is much more controlled. A WFPB diet is centred around foods in their most natural forms, with minimal to no processing. Processed foods are often high in unhealthy fats, such as trans fats, salt, sugar and preservatives to improve shelf life.

Below Pomegranates are one of a number of foods that contain a natural anti-histamine.

Below Research is showing that raw fruit and vegetable consumption is associated with asthma symptom reduction.

Ingredients in manufactured foods can trigger allergic reactions and respiratory issues, in particular due to preservatives and anti-oxidants added and also sulphites found in juices, dried fruits, sauces, gravies, vinegars, and dried food products. Natural anti-histamines include fruits – apples, pomegranates and peaches; vegetables – watercress, pea sprouts, garlic and onions; herbs – holy basil, thyme, nettle, peppermint and nigella seeds and ginger and turmeric.

EAT A RAINBOW AND THE GUT-IMMUNE LINK

We are continually discovering more and more about the wonders of our gut microbiome. The gut-immune link is a key factor in managing asthma and inflammation in the lungs and airways, with 70-80% of our immune cells located in the gut. It is now recognised that the gut microbiome affects immunity, which is an important factor in supporting both the allergic triggers in asthma and inflammation too. Simple ways to boost a healthy gut include eating a rainbow of colours of fruits and veggies to vary both soluble and insoluble fibres, and polyphenols to boost the health of the gut lining and diversity of healthy bacteria. A WFPB diet is abundant in phytonutrients and fibre, which is shown to boost the microbiota (gut bacteria) and also prevent leaky gut which leads to increased allergies. These two types of fibre are present in whole fruits and vegetables with these beneficial fibres helping to cultivate beneficial bacteria in our guts. Early childhood exposure to antibiotics increases asthma risk, signifying a clear link between a compromised gut microbiome and the increased risk of developing asthma. Specific strains of bacteria, Lactobacillus and Bifidobacterium, have been shown to be helpful in lowering this risk. Combined with prebiotics found naturally in fruits, vegetables, beans and pulses, this creates a healthy environment in the gut for helpful bacteria to proliferate and thrive. Sugar is pro-inflammatory, as it spikes insulin levels causing a stress response, which isn't helpful in lowering inflammation.

Opting for naturally occurring sugars in whole fruits and combining with fibre, protein and healthy fats prevents these blood sugar spikes. Try having a piece of whole fruit with almonds and Brazil nuts or oat cakes with cucumber and houmous or smashed avocado, instead of highly processed, sugar-laden snacks.

RAW BENEFITS

Incredibly, raw fruit and vegetable intake among children aged 2-8 years is associated with reduction in symptoms and reduced reactions to allergens, with the protective effects shown in studies where children consumed five portions of vegetables and two portions of fruit daily. In adult studies, this protective effect was evident too. One Japanese study found a link between the consumption of raw plants and increased anti-inflammatory effects, as cooking leads to a reduction in flavonoids. Foods high in anti-oxidant and anti-inflammatory flavonoids include: berries, such as blueberries, blackberries and cherries; citrus fruits; kale; onions; parsley and green tea. Vitamin E, C, beta carotene, zinc and selenium are often low in asthmatics.

> *"1.1 million children are receiving asthma treatment and 4.3 million adults suffer with the condition"*

Interestingly, studies have shown a link between a diet rich in plants and higher serum levels of micronutrients, such as antioxidants vitamin A, C and E, which had a direct effect on improved lung function. Mineral balance is also key. Boosting magnesium through foods and/or supplements can open airways and reduce broncho-constriction. Magnesium is an important mineral that affects levels of vitamin D and calcium, supporting a healthy immune system. High levels of magnesium can be found in almonds, cashews, seeds such as flaxseeds and pumpkin, beans and pulses, quinoa, spinach and even high cacao dark chocolate.

Omega-3 fatty acids have protective effects in suppressing the production of pro-inflammatory chemicals in the body and can be boosted through plant-based sources (as alpha-linolenic-acid/ALA, which converts to other omega-3 oils, such as EPA and DHA) including flaxseeds, chia seeds, walnuts, seaweed and algae oils.

TIME TO DESTRESS

Asthma can be triggered by strong emotions and trauma, with studies showing a higher proportion of asthmatics tending to suffer with anxiety and/or depressive symptoms, with stress being an important trigger for attacks. Mindfulness, breathwork training, and time in nature are steps that help to lower the stress response.

WFPB diets connect us to natural food forms and a plant's growth cycle, seasonality, an appreciation for meals as we engage in cooking and the social aspects of meal-times that the speed of packaged foods denies us; maybe it's time to return to a more natural way to eat and heal.

SOPHIA MILLAR
Sophia is a registered nutritionist and nutritional therapist with The British Association of Nutritional Therapists, specialising in gut health and autoimmune conditions, including asthma in children and adults. Her clinical practice is based in rural, coastal Pembrokeshire and online. She is a registered member of CNHC and Plant Based Health Professionals UK. Follow on social @sophia.millar.nutrition (FB/Insta).

'Tis the season for all things vegan

A turkey roast is the main event at many tables on Christmas Day, but did you know that turkeys are sensitive and highly social animals? They create long-lasting social bonds with each other and with humans, playing, clucking along with songs, enjoying affection, and even remembering faces. A lot like humans!

There are so many reasons to leave these wonderful beings off your festive table and get stuck into evolving these traditions into more compassionate – and delicious – ones. From meat-free classics like a nut roast, to innovative and accessible new options like turkey-style joints, there are so many vegan alternatives available out there.

It doesn't just stop there, though. The Vegan Society's Vegan Trademark certifies a great range of vegan substitutes for all those traditional festive trimmings. Each year, we're seeing more and more exciting products, whether that's liquid egg alternatives to make your own vegan Yorkshire puddings, or animal-free chocolate selection boxes to share with the family or take round to your hosts.

Of course, there are plenty of vegan gifts, tipples and treats to complete your festive celebrations too, with many sustainable options in the mix. It's not only possible to have a more conscious and compassionate Christmas, but it's now easier, more accessible and becoming more affordable than ever.

What will your vegan Christmas celebrations entail this year? Share your Vegan Trademark registered festive finds online to help others and be sure to tag @vegantrademark on Instagram and Twitter.

Nishat Rahman
Brand Marketing Officer,
The Vegan Society

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£10, fudgekitchen.co.uk

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From £3, for stockists see sweetfreedom.co.uk

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To make these nibs, mature organic cacao beans are fermented, sun-dried, broken into crunchy nibs and then lightly hand-roasted manually for maximum flavour. This creates a luxury nib that's crunchy in texture, with an intense chocolate flavour. They're a super food that can be used in smoothies, hot chocolate, porridge and cereals, or used to make chocolate cakes, chocolate bars and desserts. Cacao nibs are rich in natural antioxidant compounds with many health benefits, including being a good source of protein, fibre and minerals like iron, calcium and magnesium.

£ 4.95, ausha.co.uk

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Free From Fellows™ has extended its line-up of the nation's favourite sweets by launching three super fluffy vegan marshmallows. They're available in Strawberry, Vanilla and Mini Pink & White Vanilla Mallows. The delicious Strawberry and Vanilla Mallows are perfect for toasting on a barbecue or over a fire pit with friends and family, while the Mini Pink & White Vanilla Mallows are ideal for adding to home bakes and hot chocolates. They don't contain any nasties and have been registered by the Vegan Trademark. Free From Fellows™ Mallows have a free-from list which is endless.

£1.50, freefromfellows.com

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£3.99, nibblesimply.com

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£3.99, Available from Morrisons, M&S, Selfridges and Wholefoods
crackd.com

"It's not only possible to have a more conscious and compassionate Christmas, but it's now easier, more accessible and becoming more affordable than ever."

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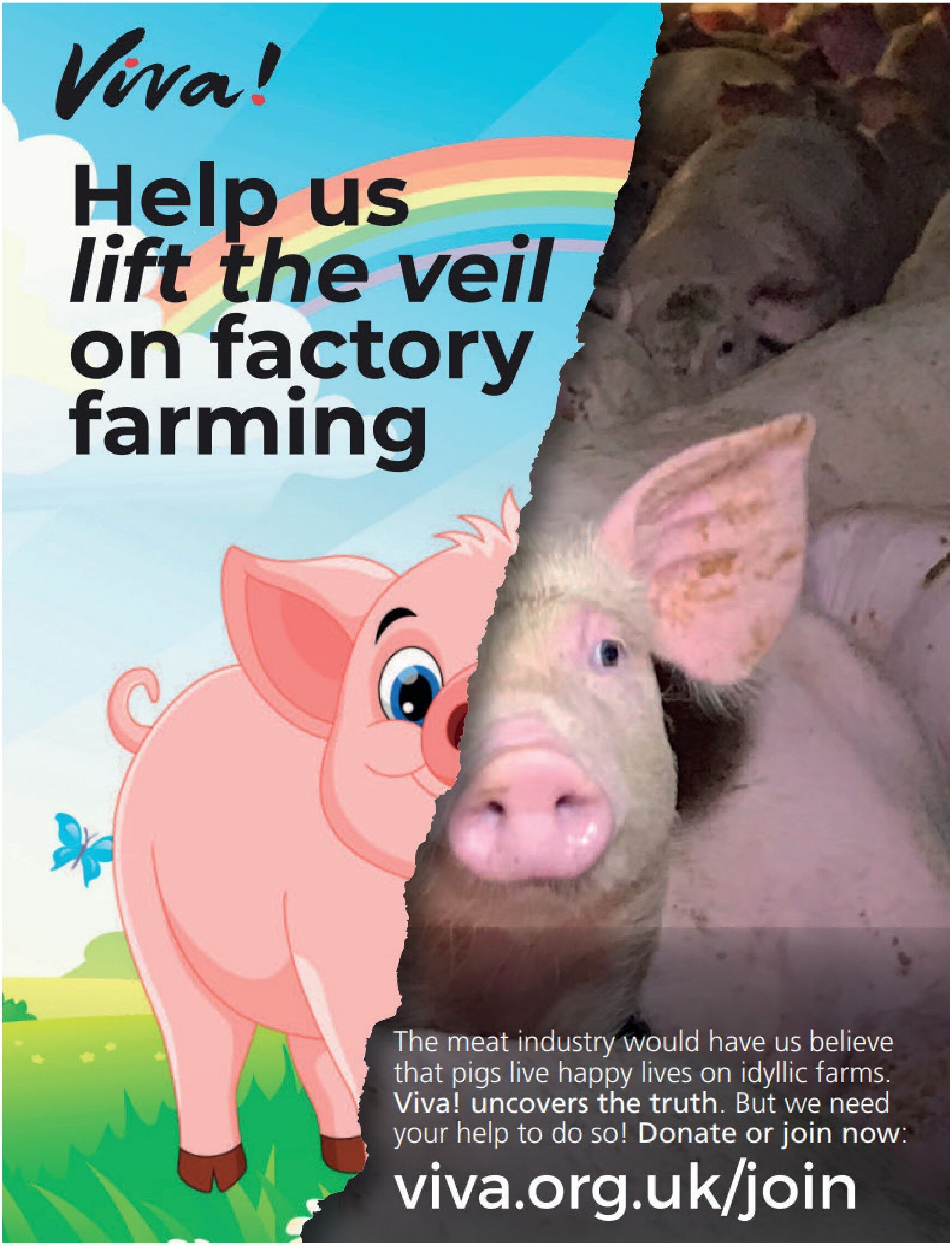

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Take a break

Brunch

RECIPES

Snacks and meals so appetising that you won't be able to wait for lunch to try them

PHOTO © ANGELA LOSE

Christmas morning granola

By Lisa Marley (lisamarleychef.com)
Serves **10-12** | *Prep* **10 mins** | *Cook* **20 mins**
Calories **514** *(per serving)*

- 250g (2½ cups) jumbo oats
- 120g (1 cup) pumpkin seeds
- 120g (1 cup) almond flakes
- 120g (1 cup) pecans
- 120g (1 cup) pistachios
- 100g (¾ cup) dried cranberries
- 80g (½ cup) vegan dark chocolate chips
- 50g (scant ½ cup) cacao nibs
- 80ml (⅓ cup) coconut oil, melted
- 60ml (¼ cup) maple syrup
- finely grated zest of 1 large orange
- star anise and cinnamon stick, to flavour/decorate

1. Preheat the oven to 175°C/Gas Mark 3 and line a large baking tray with parchment paper.
2. In a large bowl, add the oats, pumpkin seeds, almond flakes, pecans and pistachios.
3. Zest the orange over the bowl.
4. Pour in the coconut oil and maple syrup and mix.
5. Tip all the ingredients on the baking tray and bake in the oven for 20 minutes.
6. Tip the cooled nut mix back into the large bowl.
7. Add in the cranberries, dark chocolate chips and cacao nibs.
8. Transfer into glass jars and decorate with a cinnamon stick, star anise and ribbon.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
35.7g	11g	0.2g	18.1g	41.7g	12.8g

1 block of tempeh
120ml (½ cup) barbecue sauce (below)

FOR HOMEMADE BARBECUE SAUCE

120ml (½ cup) tomato purée
120ml (½ cup) water
3 tbsp vegan Worcestershire sauce
2 tbsp apple cider vinegar
½ tsp garlic powder
½ tsp salt
2 tbsp maple syrup
1 tsp black pepper

FOR THE SLAW

1 JAZZ™ apple, deseeded and sliced as thinly as you can
140g (2 cups) finely shredded purple cabbage
1 carrot, finely sliced
3 spring onions (scallions), finely chopped

TO ASSEMBLE

1 avocado, mashed or sliced
a handful of green leaves, such as cress and rocket (arugula)
sauerkraut or kimchi (optional)
4 slices of bread of your choice

Smoky tempeh and apple slaw sandwich

By JAZZ Apples (jazzapple.com/uk)

Serves **2** | *Prep* **15 mins** *plus marinating* | *Cook* **10 mins**

Calories **574** *(per serving)*

1. To make the barbecue sauce, simply mix everything together into a small bowl.
2. In a bowl, mix together all the ingredients for the slaw. Place a lid on top and leave it to the side while you prepare the rest.
3. Cut the tempeh into thin slices and brush them with barbecue sauce. If you can, do this the day before and let the tempeh marinate overnight or for at least 2-3 hours in the fridge.
4. Place the tempeh strips on the barbecue or grill and cook them on each side for 3-4 minutes. At the same time, grill the slices of bread until crunchy.
5. Assemble the sandwich starting with the mashed avocado, the greens, then add the tempeh, sauerkraut and finally the apple slaw. Use extra barbecue sauce if needed.

PER SERVING

31.3g	6.5g	0.96g	13.8g	58.6g	24g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

Mushroom and red pepper on toast

By Livhuwani (livhuwani.com)

Serves **2** | *Prep* **10 mins** | *Cook* **5 mins**

Calories **245** *(per serving)*

2 slices of wholemeal bread

100g (1 cup) mushrooms, sliced

1 red pepper, diced

3 cherry tomatoes, chopped

1 tsp coriander (cilantro), chopped

1 tbsp chilli flakes

½ tsp black pepper

1 tsp lemon juice

1 tbsp olive oil

a pinch of salt

1. Heat the oil in a frying pan (skillet) and fry the mushrooms for about 3 minutes. Add the red pepper and mix together with the mushrooms.
2. Add the black pepper, chilli flakes and lemon juice, then mix together and allow to cook for about 1 minute.
3. Switch off the stove and add the tomatoes and coriander.
4. Drizzle olive oil on the bread and place it in the toaster for about 1 minute.
5. Remove from the toaster and serve the bread topped with the mushroom and red pepper mixture.

PER SERVING

9g	1.3g	0.86g	10.1g	35.3g	9.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

Peanut butter and jam oats

By Valentina Concordia for Allplants (allplants.com)
Serves **4** | *Prep* **10 mins** | *Cook* **15 mins** | *Calories* **369** *(per serving)*

FOR THE BASE

120g (1¼ cups) oats
150ml (⅔ cup) plant-based milk
150ml (⅔ cup) water
¼ tsp salt
2 tbsp maple syrup (optional)

FOR THE TOPPING

200g (1⅓ cups) frozen berries
2 tbsp maple syrup
juice of ½ a lemon
60g (scant ½ cup) fresh berries, halved
4 tbsp peanut butter
2 bananas, sliced

1. Start by preparing the oats. Combine the oats, milk and water in a saucepan and bring to a simmer over medium heat. Gently simmer the oats for 10-12 minutes, until thick and creamy. Stir in the salt and syrup (if using).
2. While the oats cook, prepare the topping. Combine the frozen berries, maple syrup and 40ml (3 tbsp) water in a small saucepan set over medium heat.
3. Simmer the berries for 7-8 minutes, stirring occasionally until saucy. Squeeze in the lemon juice, and taste for sweetness. Add an extra tablespoon of maple syrup to taste.
4. Serve the oats topped with a couple of spoonfuls of stewed berries, a spoonful of peanut butter, slices of banana and fresh berries.

PER SERVING

10.8g	2.1g	0.61g	29.1g	62.2g	9.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

Breakfast tacos

By Valentina Concordia for Allplants (allplants.com)
Serves **4** | *Prep* **15 mins** | *Cook* **20 mins** | *Calories* **362** *(per serving)*

FOR THE TOFU SCRAMBLE

1 tbsp plant-based butter
600g (3 cups) silken tofu
2 tbsp nutritional yeast
⅛ tsp turmeric (optional)
½ tsp salt
black pepper, to taste

FOR THE PICO DE GALLO

1 large tomato, chopped
½ a small red onion, chopped
½ a small jalapeño or serrano pepper, deseeded and chopped (optional)
1 tbsp lime juice
½ tsp salt
10g (½ cup) fresh coriander (cilantro)

TO SERVE

8 corn tortillas
1 avocado, sliced
10g (½ cup) fresh coriander (cilantro)
hot sauce/Tabasco (optional)

1. Start by making the scramble. Heat the butter in a large non-stick pan over medium heat. Carefully drain the silken tofu, then break it apart with your hands into chunks directly into the pan.
2. Add the yeast, turmeric and salt, stir to combine and cook for 8-10 minutes. Taste for seasoning and add black pepper to taste.
3. While the tofu cooks, make the pico de gallo. Combine the chopped tomato, red onion, jalapeño, lime juice and salt and mix. Add fresh coriander and taste for seasoning, adding more salt or lime juice to taste.
4. To serve, heat up eight corn tortillas. Top with tofu scramble, sliced avocado, pico de gallo, extra fresh coriander and Tabasco.

PER SERVING

18.4g	3.9g	1.74g	4.3g	35.1g	17.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

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ROAST VEGETABLE TAGINE

By Donal Skehan

Serves **6** | *Prep* **15 mins** | *Cook* **1 hr** | *Calories* **210** *(per serving)*

2 red onions, sliced into wedges

750g (5 cups) butternut (winter) squash, cut into pieces

2 large parsnips, cut into chunks

2 large carrots, cut into chunks

3 tbsp olive oil

4 garlic cloves, grated

2 tsp ras el hanout

1 tsp ground cumin

1 tsp ground coriander

a pinch of saffron strands

2 preserved lemons, flesh removed and skin shredded

300ml (1¼ cups) vegetable stock

400g tin (1⅔ cups) of cherry tomatoes

100g (¼ cup) dried apricots

sea salt and freshly ground black pepper

TO SERVE

400g tin (1⅔ cups) of chickpeas, drained and rinsed

a handful of chopped coriander (cilantro)

cooked couscous or bulgur wheat

1 Preheat the oven to 200°C/Gas Mark 6.

2 Toss the vegetables with 2 tbsp of the oil in a large roasting tray. Season well and then roast for 40 minutes, turning occasionally.

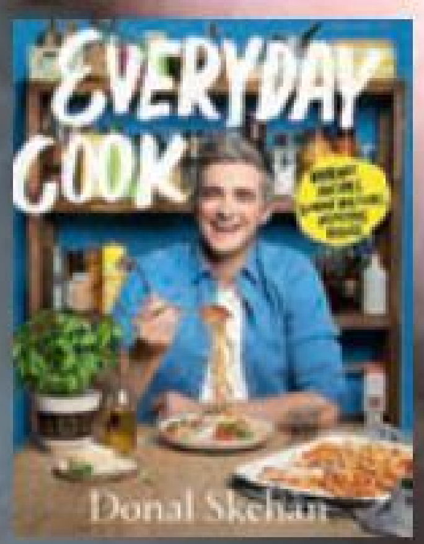
3 Heat the remaining oil in a casserole and gently fry the garlic, spices and preserved lemon for about a minute. Tip in the roasted vegetables, add the stock, tomatoes and apricots and bring to a simmer. Cook gently for 15 minutes.

4 Scatter with coriander and serve with chickpeas and cooked couscous.

TO FREEZE Allow to cool, tip into freezerproof containers and freeze for up to 6 months. Defrost fully, add to a pan with the chickpeas and heat through for 10 minutes.

PER SERVING

7.7g	1.1g	0.25g	11.5g	36.3g	3.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*



The extract on pages 56-57 is taken from *Everyday Cook: Vibrant Recipes, Simple Methods, Delicious Dishes* by Donal Skehan, published by Hodder & Stoughton. (RRP £25). This book contains non-vegan recipes.

CHICKPEA, TOMATO AND LENTIL SOUP WITH SPICED OIL

By Donal Skehan

Serves **4** | *Prep* **10 mins** *plus infusing* | *Cook* **40 mins** | *Calories* **290** *(per serving)*

FOR THE SOUP

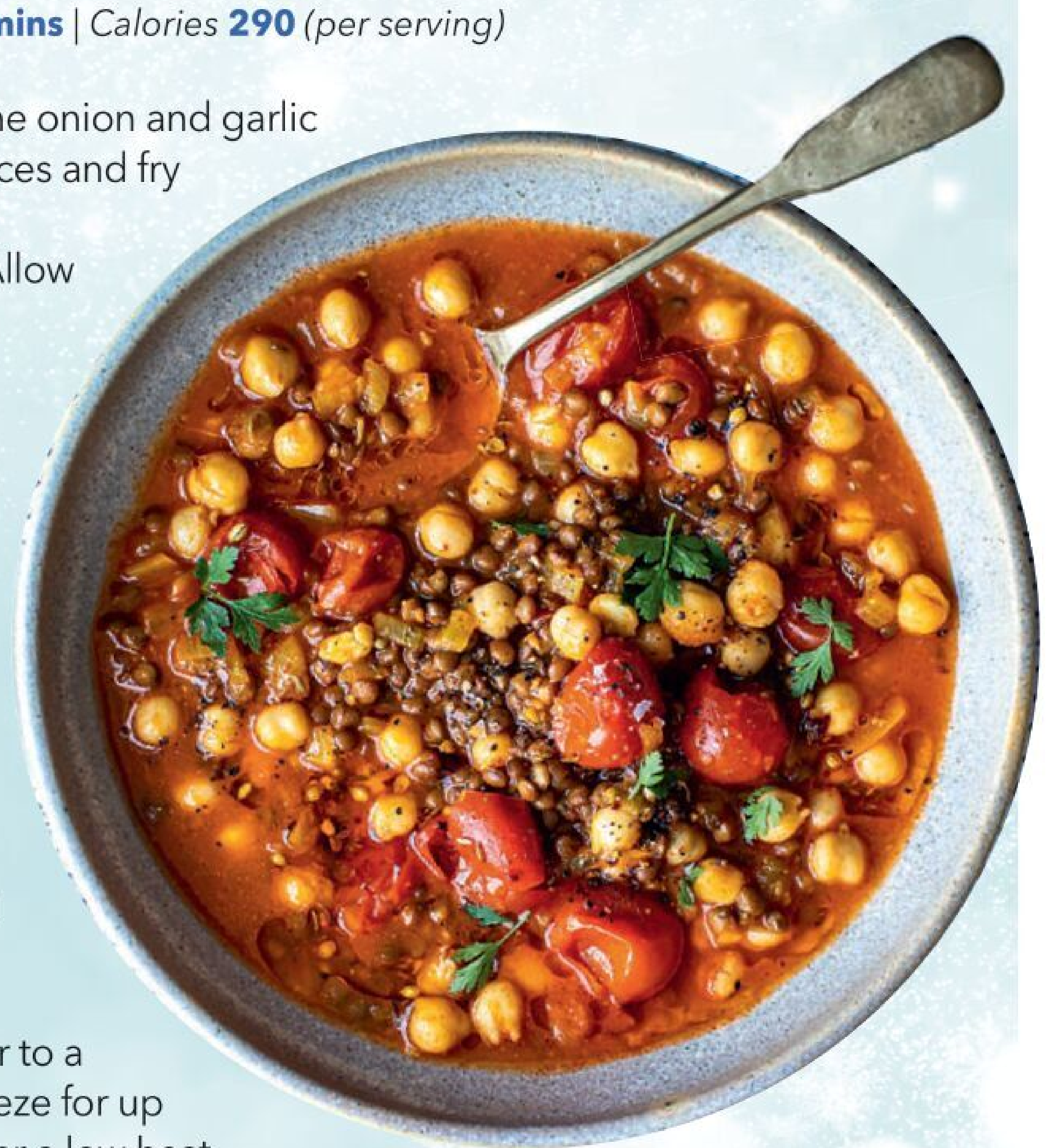
2 tbsp olive oil
1 large onion, finely chopped
2 garlic cloves, grated
1 tsp ground cumin
½ tsp ground turmeric
400g (2¼ cups) fresh tomatoes, chopped
600ml (2½ cups) vegetable stock
250g pack (1¼ cups) of ready-cooked green or puy lentils
400g tin (1⅔ cups) of chickpeas, drained and rinsed
sea salt and freshly ground black pepper

FOR THE SPICED OIL

75ml (⅓ cup) olive oil
1 tsp cumin seeds
1 tsp coriander seeds
a good pinch of chilli flakes

TO SERVE

crusty bread
a handful of flat-leaf parsley



1. Heat the oil in a pan and gently fry the onion and garlic for 10 minutes until soft. Add the spices and fry for a few minutes before adding the tomatoes and plenty of seasoning. Allow them to cook down for 3-4 minutes.
2. Pour in the stock, bring to a simmer and cook for 15 minutes, then add the lentils and chickpeas and cook for 10 minutes more.
3. Meanwhile, make the spiced oil. Gently heat the oil and spices in a pan over a low heat and then remove from the heat and leave to infuse for at least 10 minutes.
4. Serve the warm soup with crusty bread, a drizzle of the spiced oil and a scattering of parsley leaves.

TO FREEZE Allow to cool, then transfer to a sturdy freezer bag or container and freeze for up to 6 months. Defrost slowly in a pan over a low heat.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
12g	1.7g	0.69g	6.3g	37.5g	11g

IRISH FARMHOUSE VEGETABLE SOUP WITH ROSEMARY CROUTONS

By Donal Skehan

Serves **6** | *Prep* **10 mins** | *Cook* **30 mins** *Calories* **256** *(per serving)*

2 tbsp olive oil
1¾ tbsp unsalted vegan butter
1 large onion, sliced
2 garlic cloves, sliced
2 celery sticks, thinly sliced
2 leeks, sliced
1 large carrot, peeled and chopped
1 large parsnip, peeled and chopped
400g (2⅔ cups) floury potatoes, diced
600ml (2½ cups) vegetable stock
120g (scant 1 cup) frozen peas
a good drizzle of vegan double cream
a good grating of fresh nutmeg
sea salt and freshly ground black pepper

FOR THE CROUTONS

2 tbsp olive oil
1½ tbsp unsalted vegan butter
2 sprigs of rosemary
2-3 slices of white or sourdough bread, diced

1. Heat the oil and butter in a large pan. Add the onion, garlic, celery and leeks and cook for 10 minutes until softened down.
2. Add the rest of the veggies and cook for a few minutes more, then pour in the stock. Season well and bring to the boil, then reduce to a simmer and cook gently for 20 minutes until the veggies are all tender, adding the peas for the last few minutes. Spoon out one third of the veggies with a slotted spoon and set aside.
3. Blitz the rest of the soup with a stick blender until smooth, then remove from the heat. Stir in the reserved whole veggies.
4. To make the croutons, heat the oil and butter with the rosemary sprigs in a large pan. When hot, add the cubes of bread, toss well, then cook for 5-6 minutes until golden and crisp on all sides. Season with sea salt.
5. Add the cream to the soup and a good grating of nutmeg and serve with the rosemary croutons.

TO FREEZE Allow to cool completely. Once cool, transfer to a sturdy freezer bag or container and freeze for up to 6 months. Defrost slowly in a pan over a low heat.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
15.8g	3.6g	0.43g	4.9g	25.5g	4.6g

USE UP YOUR BOXING DAY LEFTOVERS

When you've over-catered with the vegetables, they won't go to waste when you've got these four fabulous recipes to help use up the leftovers

PICKER'S PIE

By Daniel Farrow for The Gatherers (thegatherersnorwich.co.uk)
Serves **6** | *Prep* **25 mins** | *Cook* **1 hr** | *Calories* **703** *(per serving)*

1.5kg (10 cups) Maris Piper potatoes, or leftover mash
1 tbsp Dijon mustard
a drizzle of truffle oil (optional)
1 heaped tbsp vegan butter or margarine
1 large white onion
1 tbsp olive oil
100g (1 cup) mushrooms
2 handfuls of pine nuts, toasted (5 minutes in the oven at 180°C/Gas Mark 4)
150g (¾ cup) lentils
500ml (2 cups) vegetable stock (broth)
2 medium leftover carrots
2 celery sticks
4 garlic cloves, finely chopped
1 heaped tbsp tomato purée
500ml (2 cups) dark ale
1 tsp mushroom ketchup
1 tsp fresh thyme
1 tsp fresh rosemary

1. Peel and chop the potatoes for your mash and boil until fluffy and falling apart. Drain the potatoes and either strain through a potato ricer or mash until smooth. Add the vegan butter, Dijon mustard, salt and a drizzle of truffle oil, if desired.
2. Meanwhile, cook off the lentils in vegetable stock (500ml, or enough to cover) for about 15 minutes. Use tinned lentils if you like. Once cooked, drain, reserving the lentil-vegetable stock for later.
3. Chop the onion and add to a pan with olive oil on a medium heat. Cook off for 10 minutes until translucent and golden. Chop the carrots into rough squares and add to the pan. Allow to cook off for 1 minute before adding the celery (chopped into rough squares). Cook off for another minute before adding the chopped mushrooms and finely chopped garlic. Mix in the pan and cook for another 2 minutes.
4. Add the tomato purée, thyme, rosemary and mushroom ketchup to the pan. Cook off for a minute before adding the ale. Allow the alcohol to cook off on a medium-high heat for 2 minutes. Add a few cracks of black pepper and a pinch of salt to season, along with the part-cooked lentils (drained) and toasted pine nuts. Cook off for a further 2 minutes. At this point, assess the consistency of the sauce. If you prefer your pie to have more gravy, add some or all of the lentil-vegetable stock we reserved earlier. If not, skip the vegetable stock altogether, or use to make a delicious gravy as an accompaniment.
5. Preheat the oven to 200°C/Gas Mark 6. Remove the pan from the heat and add the mashed potato to the top. Smooth over the top of the pan. Score the mashed potato using a fork in rough motions to get some texture. This is going to create some delicious, crispy peaks in the oven and add a depth of colour and texture to the dish.
6. Place in the oven for 20-30 minutes until golden and crispy on top, then you are done! Serve with vegetable gravy and your favourite accompanying vegetables.

PER SERVING

25.2g	3.2g	0.24g	6.9g	101.1g	18.8g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

SPROUT, PEPPER AND WALNUT STIR FRY

By California Walnuts (walnuts.org)
Serves **4** | *Prep* **5 mins** | *Cook* **10 mins**
Calories **328** *(per serving)*

1 tbsp olive oil
1 onion, sliced (180g (1¼ cups))
1 red pepper, sliced (180g (1¼ cups))
500g (5 ⅔ cups) Brussels sprouts, halved
100g (¾ cup) California Walnuts
2 tbsp redcurrant jelly

1. Heat the oil in a large frying pan and fry the onion and pepper for 4-5 minutes. Add the sprouts and walnuts and continue to fry for 5 minutes.
2. Stir in the redcurrant jelly with 2 tbsp water until melted and season to taste.

TIP Frozen sprouts can be used instead of fresh, just defrost before use. Try cranberry sauce instead of the redcurrant jelly.

PER SERVING

22g	2.7g	0.03g	16g	19g	9.6g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

KALE AND SWEET POTATO HASH

By Nadia's Healthy Kitchen for Discover Great Veg (discovergreatveg.co.uk)

Serves **4** | *Prep* **5 mins** | *Cook* **45 mins**

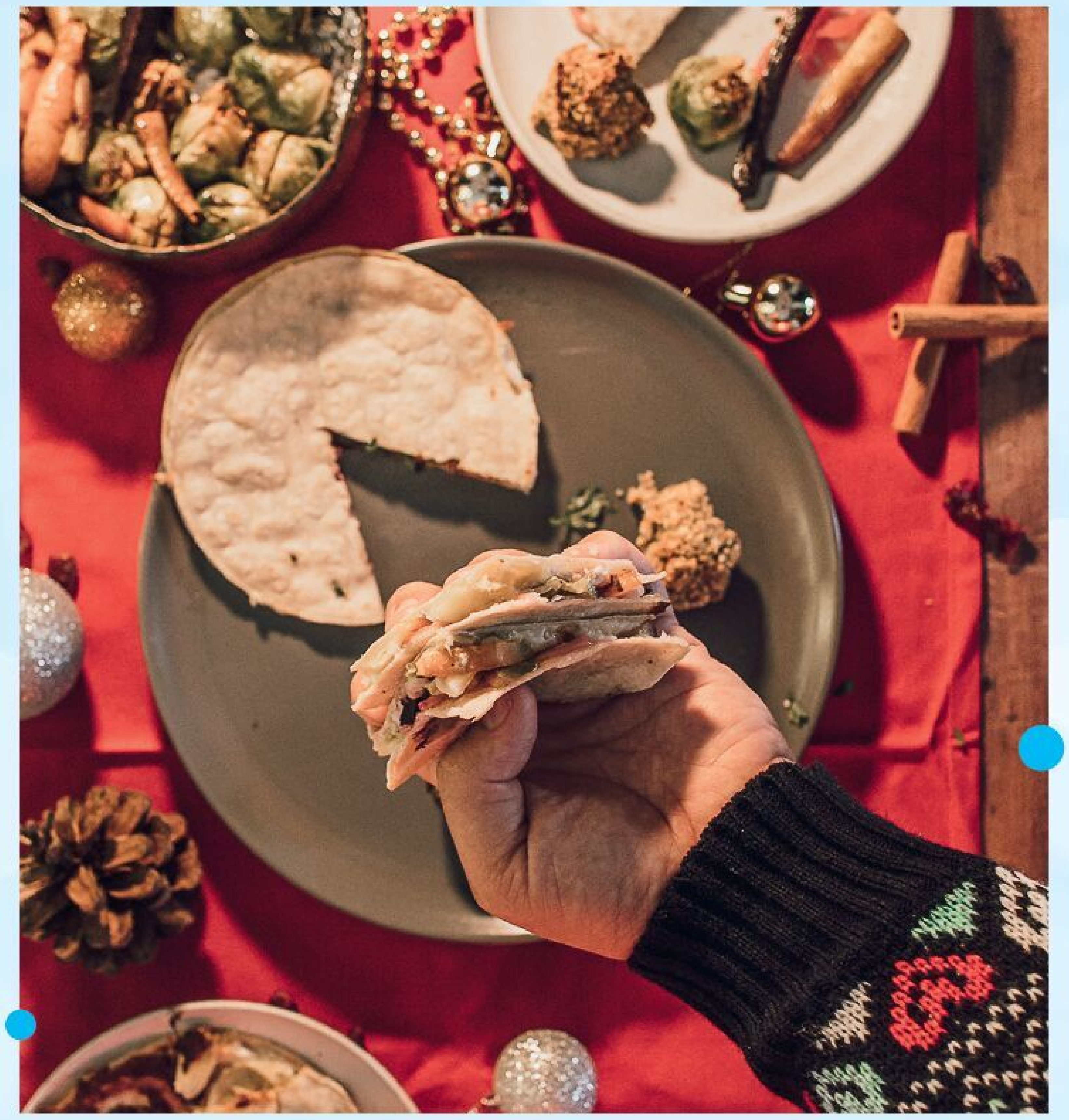
Calories **243** *(per serving)*

- about 300g (2 cups) leftover sweet potato
- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 400g tin (1⅔ cups) of kidney beans
- 60ml (¼ cup) water
- 100g (1½ cups) kale
- 2 tbsp tomato purée
- juice of 2 limes
- 2 tsp paprika
- 1 tsp oregano
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp chilli powder
- salt and pepper, to taste

1. Preheat the oven to 220°C/Gas Mark 7.
2. Heat 1 tbsp olive oil in a pan, add the garlic and cook for 1 minute.
3. Add the beans, kale, water, tomato purée and lime juice and cook for another few minutes until the kale starts to wilt.
4. Add the paprika, oregano, cumin, coriander and chilli and season to taste with salt and pepper.
5. Add the potatoes, give everything a quick toss, then cover and cook on low heat for 7-10 minutes until heated through.
6. Serve hot with vegan sour cream, fresh coriander and avocado.

PER SERVING

9g	1.3g	0.8g	7.2g	27g	7.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*



QUESADILLAS WITH CHRISTMAS LEFTOVERS

By Vadasz (vadaszdeli.co.uk)

Serves **4** | *Prep* **10 mins** | *Cook* **5 mins**

Calories **538** *(per serving)*

- packet of small flour or corn tortillas – or use large tortillas folded in half
- 125g (1 cup) grated vegan cheese
- enough chopped leftover roast veg or stuffing to fill the quesadillas
- 4 tbsp Vadasz Fresh Red Onion Pickles
- sliced jalapeños, to taste
- 300ml (1¼ cups) vegan sour cream or crème fraîche

1. Heat a large, heavy grill pan.
2. While it warms up, place two small tortillas on a work surface. Top one with the veggies, the cheese and 1 tbsp of red onion pickles. Be careful not to add too much filling, as it won't heat through.
3. Place the other tortilla on top and press hard to compact.
4. Dry grill the filled tortilla in the heated pan on medium heat for about 2-3 minutes per side, until nicely coloured, warmed through and the cheese has melted.
5. Slide the tortilla onto a chopping board and cut into triangles, like a pizza. If the tortillas are very small you can enjoy them whole.
6. Serve with some vegan sour cream or crème fraîche, and top with jalapeños and more red onion pickles.

PER SERVING

35.5g	15.2g	2.44g	8.6g	47.8g	12.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

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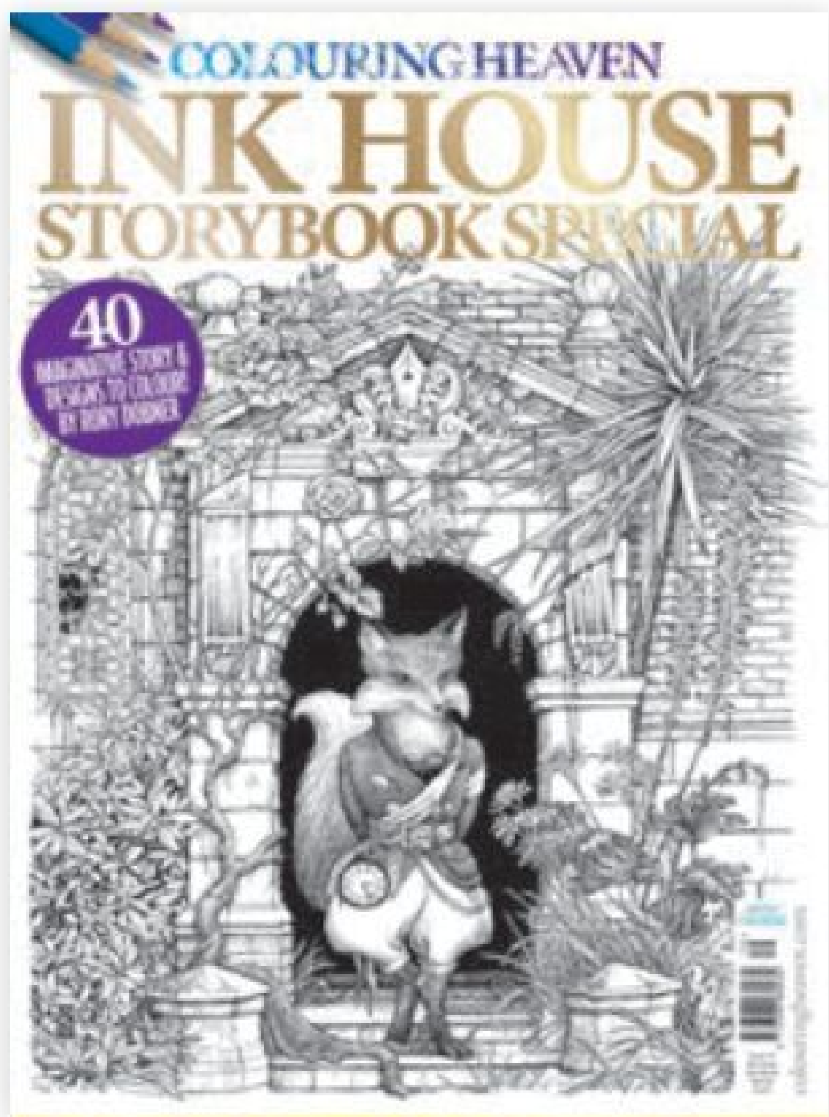
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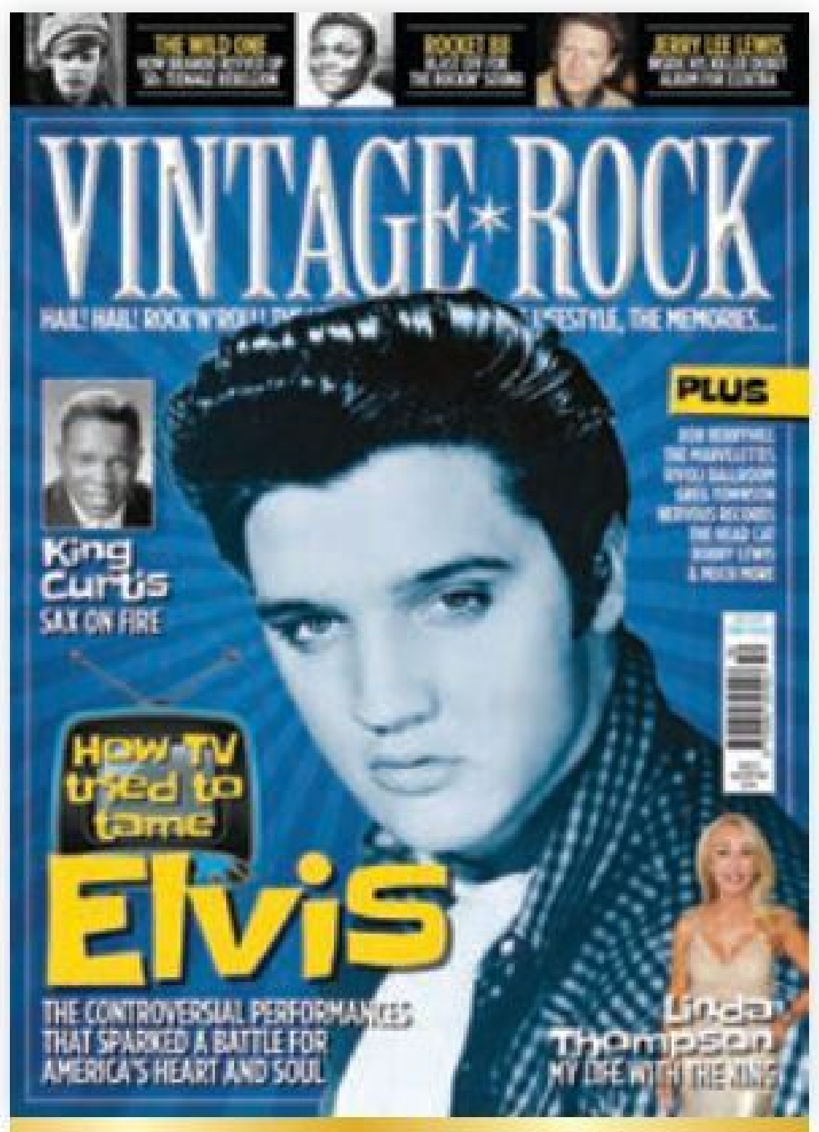
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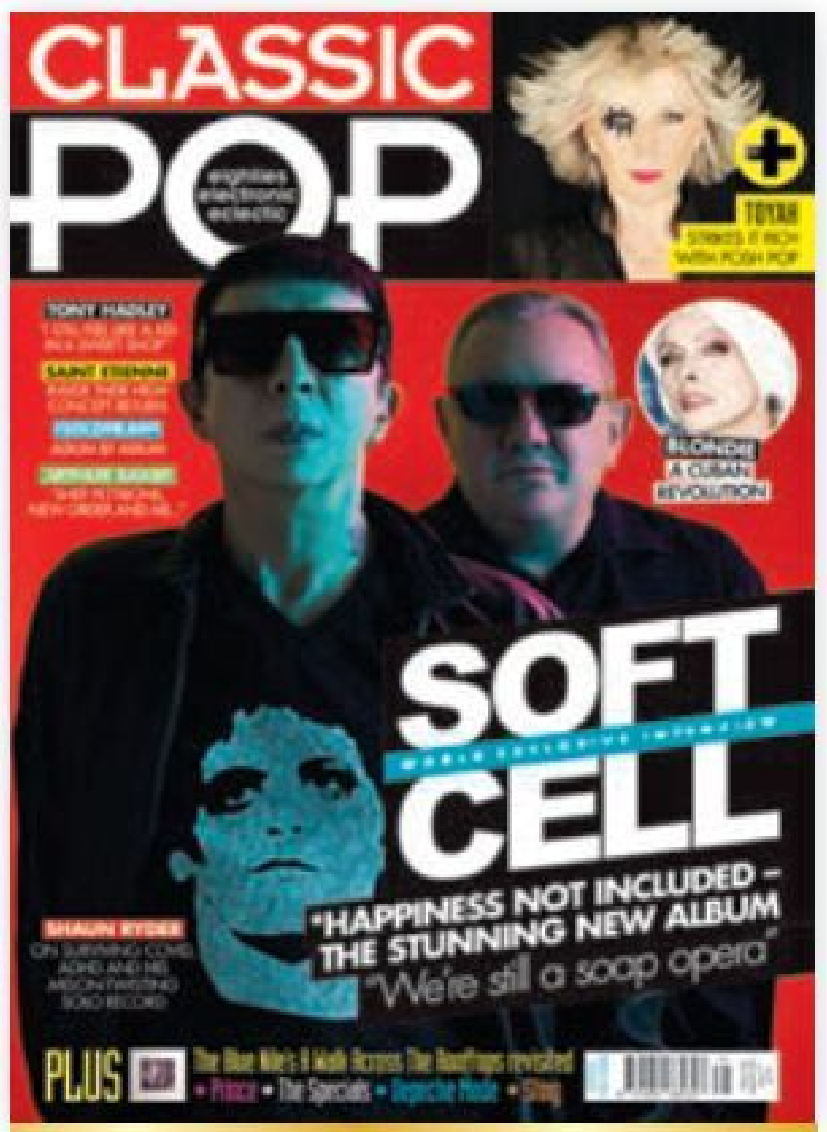
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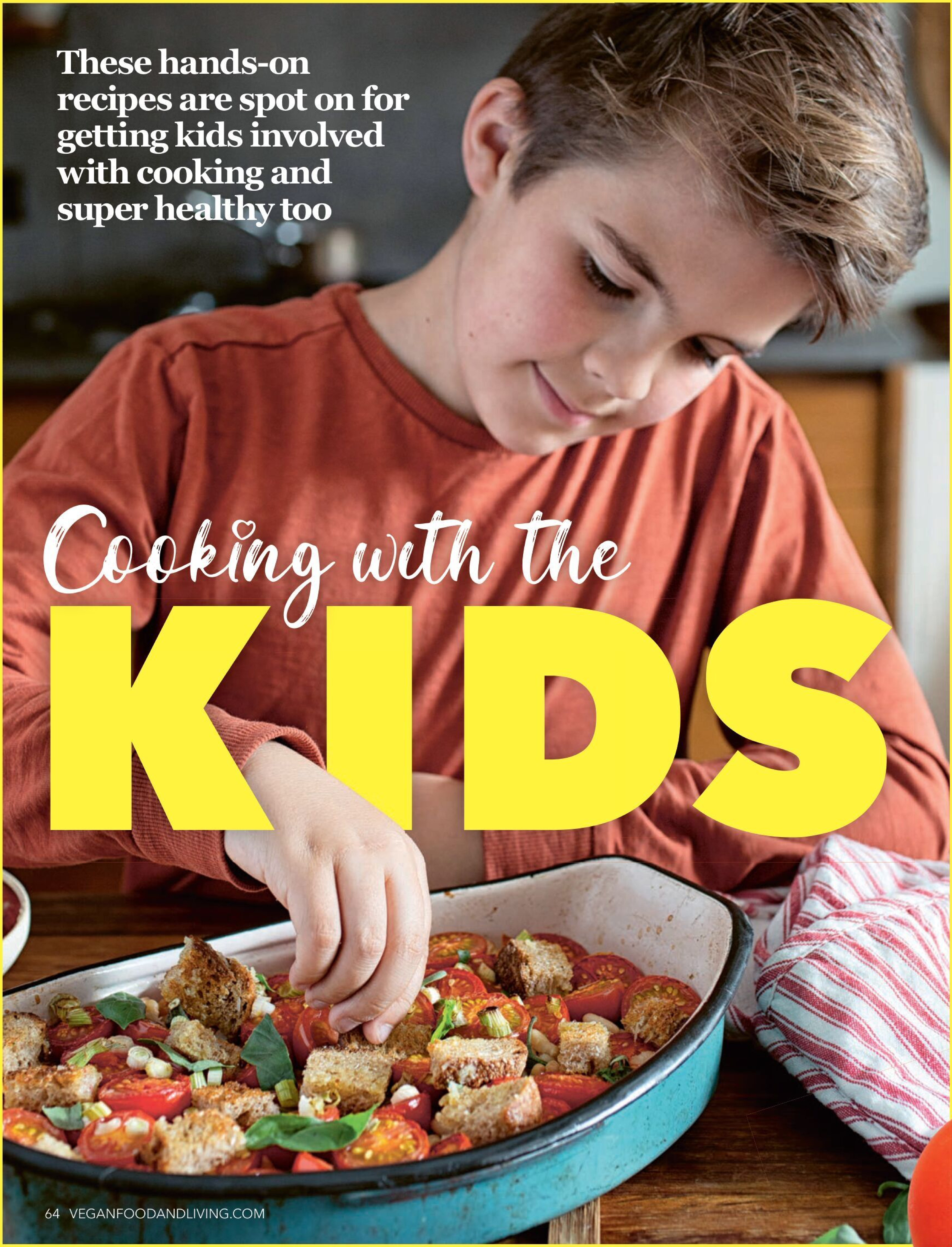


One-Pan Beany Pasta Bake

If you're not a fan of washing up (who is?), then this one's for you. This is a fabulous dish that makes the most of the basil and tomato stalks, which are usually thrown away. If you have grown some tomatoes at home, this could be your showstopper moment to use them.

By Jenny Chandler

Serves **4** | *Prep* **15 mins** | *Cook* **30 mins** | *Calories* **488** *(per serving)*

300g (1½ cups) orzo pasta

400g tin (1⅔ cups) of cannellini, haricot or flageolet beans, drained (or 250g (1¾ cups) home-cooked beans)

600ml (2½ cups) vegetable stock (broth)

a pinch of salt (optional)

4 leafy stalks of basil

500g (3⅓ cups) cherry tomatoes on the vine

4 spring onions (scallions), finely chopped

1 x Speedy Croutons recipe (see right)

1. Preheat the oven to 190°C/Gas Mark 5.
2. Put the pasta, beans and vegetable stock into an ovenproof dish and season with a pinch of salt (unless your stock tastes salty already). Mix gently.
3. Pull the basil leaves from the stalks and set the leaves aside. Finely chop the stalks and gently stir them in with the pasta and beans.
4. Pull the cherry tomatoes off the vines and push those green stalks down into the stock. Cut the tomatoes in half.
5. Arrange the tomatoes, cut-sides up, over the dish, along with the spring onions.
6. Bake in the oven for about 30 minutes until most of the stock has been soaked up by the pasta.
7. Meanwhile, make your super-speedy, crunchy croutons (see right).
8. Serve hot, sprinkled with the basil leaves and croutons. Leave the tomato stalks behind in the serving dish as you spoon out the bake.

PER SERVING

12.5g	1.8g	0.49g	7.4g	74.8g	17.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

Speedy Croutons

A great way to use up slightly stale bread, these no-faff crunchy croutons don't involve any frying, just a toaster. Croutons are great sprinkled over soups, salads or even cooked dishes.

By Jenny Chandler

Serves **4** | *Prep* **5 mins** | *Cook* **3 mins**

Calories **152** *(per serving)*

2 thick slices of bread (ideally brown or sourdough)

1 garlic clove

3 tbsp extra-virgin olive oil

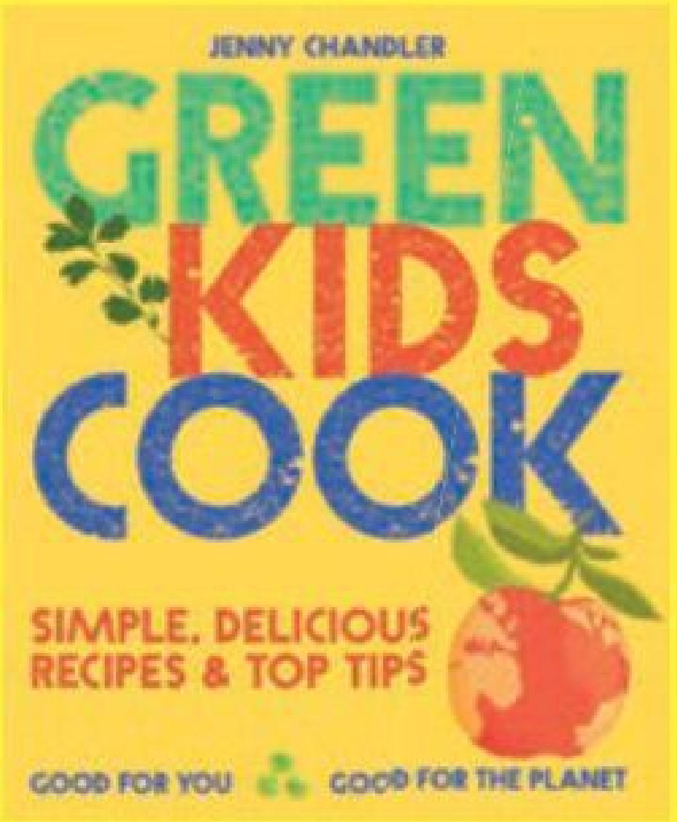
2 tbsp finely grated vegan parmesan (or nutritional yeast flakes)

1. Toast the bread until really quite dry and crisp – a regular toaster works brilliantly or you can use the grill.
2. Cut the garlic clove in half lengthways, then rub the cut side all over both sides of the toast.
3. Cut the toast into fingers, then crossways into cubes.
4. Put the toast cubes into a bowl, drizzle over the olive oil and then sprinkle in the parmesan. Tumble the croutons over in the cheese so that it sticks to them.

PER SERVING

11g	1.6g	0.43g	0.7g	8.2g	5.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

The extract on pages 64-66 is taken from *Green Kids Cook: 'Simple, delicious recipes & Top Tips: Good for you, Good for the Planet* by Jenny Chandler, photography by Kirstie Young, published by Pavilion Books. (RRP £14.99.) This book contains non-vegan recipes.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Gyoza Dumplings

By Jenny Chandler

Serves about **16** | *Prep* **25 mins** | *Cook* **20 mins** | *Calories* **147** *(per serving)*

FOR THE STUFFING

- 1 tsp sesame oil
- 1 tsp rapeseed or other vegetable oil
- 150g (2 cups) green cabbage or Chinese leaves, very finely sliced
- 100g (1 cup) shiitake mushrooms, finely chopped
- 150g (1¼ cups) podded edamame beans, roughly chopped (frozen are great)
- 1 tbsp grated or finely chopped fresh ginger
- 1 garlic clove, grated or finely chopped
- 4 spring onions (scallions), finely sliced (separate the white and green parts)
- 2 tbsp light soy sauce
- 1 tbsp rice vinegar

FOR THE DUMPLINGS

- 16 frozen gyoza or potsticker wrappers, thawed overnight
- a little flour, for dusting
- 2 x 2 tbsp vegetable oil
- 2 x 150ml (⅔ cup) cold water
- 1 tbsp toasted sesame seeds
- hot and spicy or zingy ginger dipping sauce, to serve

1. First, make the stuffing. Heat the sesame and vegetable oil in a large frying pan over a high heat. Add the cabbage, mushrooms, edamame, ginger, garlic and white parts of the sliced spring onions and stir-fry for about 4 minutes. Now tip in the soy sauce and rice vinegar and stir for about 1 minute until the pan has stopped steaming. Set aside to cool.
2. When the stuffing is cool, it's time to fill the wrappers. You need to work with one wrapper at a time, so keep the rest piled up under a damp tea towel so that they don't dry out. Have a small bowl of cold water ready, too.
3. Cradle the wrapper in one hand and place a heaped tsp of the filling in the middle.
4. Dip a finger into the water (this is your 'glue') and dampen the inside edge of the wrapper.
5. Fold the wrapper over into a crescent. Pinch the edges together.
6. Now fold five or six little pleats along the edge, pinching the dough so that it sticks together.
7. Place the finished dumplings on a lightly floured tray, pressing down gently to flatten their undersides. Cover with a tea towel and place in the fridge until ready to cook.
8. To cook the dumplings, heat 2 tbsp oil in a large frying pan that has a lid over a medium heat. Add half the dumplings and fry for about 2 minutes until they begin to form a golden crust (just carefully lift one with a palette knife to check how they are doing). Add 150ml (⅔ cup) cold water to the pan. Careful – it will splutter and spit! Cover immediately with the pan lid to trap the steam.
9. Steam the dumplings for about 8 minutes until the water has almost disappeared. Remove the lid and cook for 1 minute more, then carefully lift the dumplings out of the pan with a palette knife. Wipe out the pan and cook the rest of the dumplings following steps 8 and 9 again.
10. Sprinkle the dumplings with toasted sesame seeds and the green spring onion slices and serve with dipping sauce. Dive in straight away.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
3.2g	0.5g	0.7g	0.8g	25.5g	3.7g

Beetroot and Carrot Fritters

By Jenny Chandler

Serves **4** | *Prep* **15 mins** | *Cook* **30 mins**

Calories **232** *(per serving)*

- 4-5 tbsp olive oil
- 1 onion, finely diced
- 3 garlic cloves, crushed
- 100g (⅔ cup) beetroot
- 100g (⅔ cup) carrot
- 75g (scant ½ cup) gram flour (chickpea flour/besan)
- 1 tsp salt
- 2 tsp garam masala
- 1 tbsp sunflower seeds/ pumpkin seeds/sesame seeds

1. Heat 2 tbsp of the oil in a frying pan over a medium heat, then add the onion and fry for about 10 minutes until really soft. Stir in the garlic and cook until you can smell it, then set the pan aside to cool down.
2. Meanwhile, grate the vegetables on the coarse side of a box grater. There's no need to peel them as long as you've washed them well.
3. In a large bowl, mix together the cooled onions, grated veggies, gram flour, salt, garam masala and seeds. Don't worry if the mixture seems a bit dry, keep stirring or massage with your fingers (they will turn a bit pink!) to bring the moisture out of the carrot and beets.
4. Shape the mixture into about 12 fritters, taking a small handful and pressing it into a flat disc in your hands.
5. Heat 1 tbsp oil in a large frying pan over a medium heat and carefully place half of the fritters into the hot oil using a palette knife. Fry the fritters for about 4-5 minutes on each side, turning them once, until they begin to brown.
6. Drain on kitchen paper and keep warm in the oven if you are not serving immediately. Repeat with the rest of the fritters, adding more oil to the pan, if needed.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
15.7g	2.2g	1.58g	6.5g	19.2g	5.4g

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PICKLED CHANTERELLES WITH SPRUCE, APPLE AND SHALLOTS

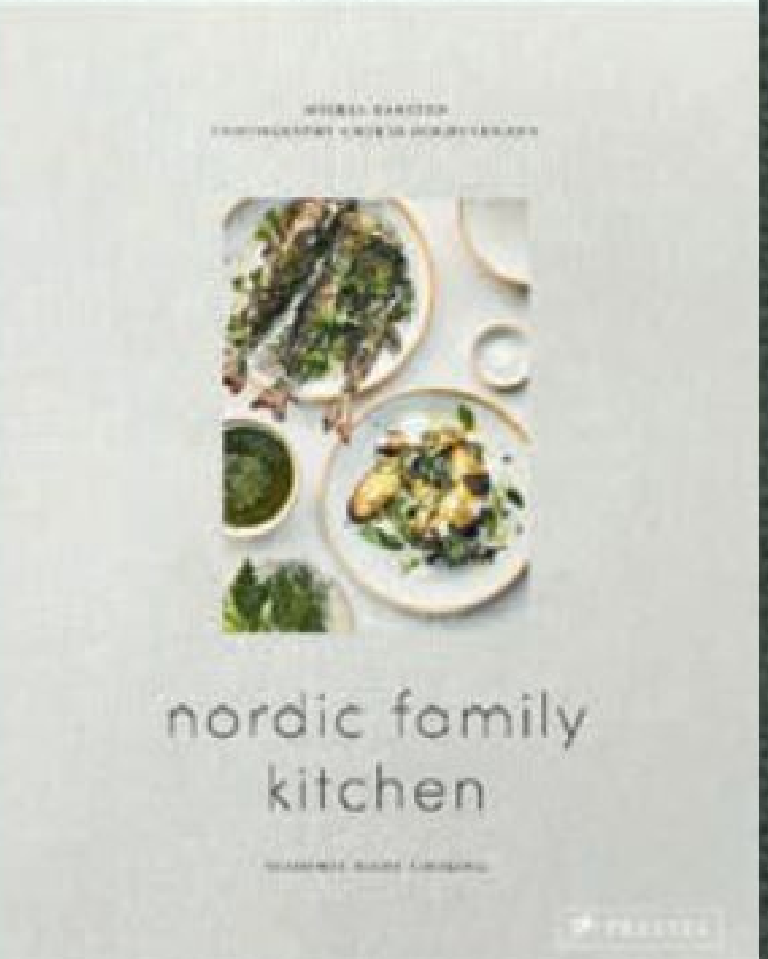
By Mikkel Karstad | *Makes* **1** *large jarful* | *Prep* **10 mins** | *Cook* **10 mins** | *Calories* **176** *(per 100g)*

1kg (10 cups) chanterelle mushrooms
1 litre (4 cups) apple juice, natural or cloudy, unfiltered and unsweetened
1 litre (4 cups) apple cider vinegar
200g (1 cup) cane sugar
10-15 spruce tips
8 bay leaves
15 whole black peppercorns
2 tbsp sea salt
400ml (1½ cups) olive oil
4 shallots
2 apples

1. Clean the chanterelles thoroughly, rinsing if necessary in a large bowl of cold water to ensure that all soil and dirt is removed. Leave to dry on a paper towel.
2. In a saucepan, bring the apple juice, vinegar, sugar, herbs, pepper and salt (including the spruce tips) and olive oil to the boil.
3. Peel the shallots and cut them in half lengthwise. Remove the core from the apples and cut the rest of the apple into 2x2cm (1x1in) cubes.
4. When the pickle brine is boiling, add the shallots, apple and chanterelles to the pan and cook on a low heat for 2-3 minutes. Remove the pan from the heat and pour the mixture into a jar, closing it.
5. Put the jar in the fridge and allow the mushrooms to soak for 4-5 days before eating. An unopened jar of mushrooms will keep for 2-3 months. Once opened, use within 2 weeks.

PER SERVING

12.7g	1.8g	1.76g	11.7g	14.7g	1.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*



The extract on pages 68-70 is taken from *Nordic Family Kitchen* by Mikkel Karstad, photography by Anders Schønnemann, published by Prestel. (RRP £24.99.) This book contains non-vegan recipes.

WARM BUTTER BEANS

By Mikkel Karstad

Serves **4** | *Prep* **15 mins** *plus soaking* | *Cook* **55 mins**

Calories **423** *(per serving)*

- 200g (1⅓ cups) dried butter beans
- 1 garlic clove
- 1 onion
- 2 sprigs of rosemary
- 150ml (½ cup) olive oil
- salt and freshly ground pepper
- juice and finely grated zest of 1 organic lemon
- 1 broccoli head
- 2 handfuls of mixed washed herbs (sweet cicely, basil, tarragon, garden nasturtium)

1. Soak the beans in cold water for 24 hours. The next day, drain the beans and transfer to a pan. Add fresh water to cover the beans by 3-4cm (1-2in). Peel the garlic and onion and add to the pan with the beans, together with the rosemary. Bring to the boil. Cook the beans for about 35 minutes until tender.
2. Transfer two-thirds of the beans to a bowl and season with salt, pepper and a little olive oil.
3. Cook the rest of the beans and onion for a further 15 minutes until completely soft. Blend the beans, onion and cooking water with finely grated lemon zest, lemon juice, 3 tbsp olive oil, salt and freshly ground pepper to make a smooth, thick bean purée.
4. Now add the cooked whole beans to the bean purée and heat everything through. Keep it warm until ready to serve.
5. Peel the broccoli head and cut it into long florets so that the pieces have both stalk and head. Heat some oil in a pan and fry the broccoli over a high heat for 1-2 minutes so it takes on a nice golden colour, but still has plenty of bite. Frying the broccoli a little at a time will make it easier to achieve this. Season with salt and freshly ground pepper, then transfer the broccoli to a bowl.
6. Now dish the warm bean mixture into four deep plates. Put pieces of fried broccoli on top, drizzle with some olive oil and sprinkle with a good helping of herbs.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
36.6g	5.2g	0.22g	5.5g	22.9g	7.7g

ROSEMARY BUNS

By Mikkel Karstad

Makes **10-12** *buns* | *Prep* **15 mins** *plus proving* | *Cook* **15 mins**

Calories **386** *(per bun)*

- 2 tbsp fresh yeast
- 500ml (2 cups) cold water
- 100ml (½ cup) vegan lager
- 1 tbsp salt
- 300g (2½ cups) Italian 'Tipo 00' flour
- 400g (3¼ cups) organic plain (all-purpose) flour
- 200ml (1 cup) olive oil
- 5 sprigs of rosemary
- sea salt

1. In a bowl, stir the yeast, water and lager together. Add a little of the flour before the salt, then the rest of the flour, stirring with a wooden spoon until you have a cohesive dough. (If you add the salt first, you risk breaking down the yeast's leavening ability.) The dough should be soft and pliable, without sticking to your fingers when you work it. Put the dough in a bowl or plastic tub, cover with a lid or tea towel and refrigerate. Let the dough rise in the fridge for at least 12 hours, preferably overnight.
2. The next day, take the dough out of the fridge and let it stand for 1 hour on the kitchen worktop to reach room temperature. Divide the dough into 10-12 pieces and roll them flat, tucking the sides under to create tight little buns. Place the buns on a floured surface, well spaced apart, and leave to rise for 1-1½hours until they've doubled in size.
3. Press down the middle of each bun and gently push out the sides to form a depression in the middle of about 7-8cm (3in) in diameter and a crust all the way around. Gently lift the buns and place them on a piece of baking paper, leaving them to rise for a further 15-20 minutes.
4. Meanwhile, heat the oven to 230°C/Gas Mark 8, with a baking tray inside. Drizzle the buns with olive oil and sprinkle with rosemary leaves and sea salt. Take the baking tray out of the oven and slide it under the baking paper. Put the tray back in the oven and bake for 12-15 minutes until the buns are golden and lightly toasted on the surface. Remove from the oven and allow to cool on a wire rack before serving.
5. Serve with lunch or dinner. If you make more pastries than you can eat on one day, you can enjoy them again the next day. They taste great heated in the oven or in a toaster.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
18.3g	2.7g	1.59g	0.5g	48.5g	8g

UNICORN FRUIT
LYONSLEAF
Travel Soap
Shaving Bar
Orange
Shampoo Bar
Detox Bar
Flawless
Boc' n'Roll
pura
neat
VANILLA & COCONUT
NAIL-KIND

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On the PULSE

Pulses and legumes are crucial to a healthy diet and it's always great to find new and interesting recipes for us to enjoy

Tomato pilaf with black lentils and caramelised onion

This delicious and nutritious almost-one-pan-meal was inspired by Turkish tomato pilaf and Mujadara, a tasty combination of rice, lentils and onions found throughout the Middle East. Using smart ways to extract every ounce of flavour from just a handful of simple ingredients, this dish makes the perfect midweek meal. You can use puy-style or brown lentils in place of black lentils, if you prefer.

By Emma Galloway

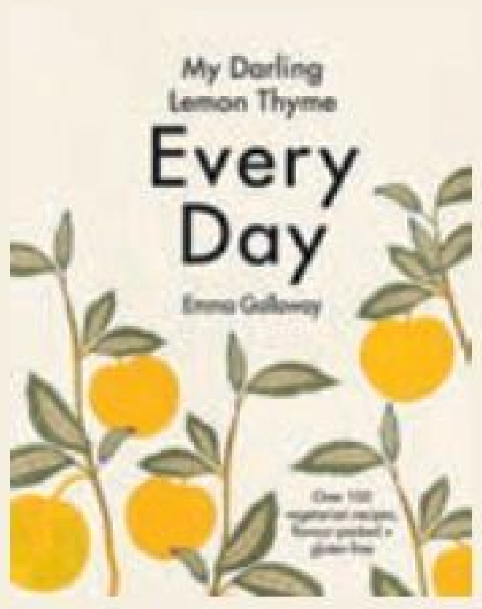
Serves **4** | *Prep* **15 mins** | *Cook* **45 mins** | *Calories* **570** *(per serving)*

115g (½ cup) black (beluga) lentils, rinsed well
60ml (¼ cup) olive oil
4 garlic cloves, nicely chopped
250g (1⅔ cups) tomatoes (I like to use cherry), nicely chopped
340g (1⅔ cups) white basmati rice, rinsed and drained well
750ml (3 cups) water
coriander (cilantro) leaves, roughly chopped, to serve

FOR THE ONIONS

2 tbsp olive oil
3 onions, nicely sliced
salt, to taste

1. Place the lentils into a small saucepan, cover with water and bring to the boil. Reduce the heat and simmer for 15-20 minutes, or until just tender. Drain and set aside.
2. Heat a large heavy-based frying pan over medium heat. Add the oil and garlic and cook for 30 seconds, before adding the chopped tomato. Cook, stirring often, for 3-4 minutes, or until soft and juicy. Add the rice and stir, then add the water and a good pinch of salt.
3. Bring to the boil, cover with a lid, reduce the heat to low and cook for 15 minutes. Remove from the heat and set aside with the lid on for a further 10 minutes.
4. To make the caramelised onions, as soon as the rice is happily cooking away, heat the oil in a large heavy-based frying pan over medium-high heat. Add the onions and cook, stirring often, for 20-25 minutes or until deeply golden, taking care in the final 5-10 minutes to ensure the bottom doesn't catch and burn. Season with salt. These can be prepared in advance and will store in a glass jar in the fridge for up to 3 days.
5. When the rice is cooked, remove the lid, stir through the lentils, adjust the seasoning if needed and serve topped with caramelised onions and chopped coriander.



The extract on pages 72-74 is taken from *My Darling Lemon Thyme: Every Day* by Emma Galloway, published by HarperCollins NZ. (RRP £20.) This book contains non-vegan recipes.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
19g	2.6g	0.13g	5.2g	89.6g	14.9g

Braised chickpeas with carrot, mint and lemon

Guided by the heady flavours of Persia, I came up with this beautiful one-pot wonder filled with tender chunks of carrot and protein-rich chickpeas, and heaving with aromatics, spice, lemon and herbs.

By Emma Galloway

Serves **4** | *Prep* **20 mins** | *Cook* **1 hr** | *Calories* **383** *(per serving)*

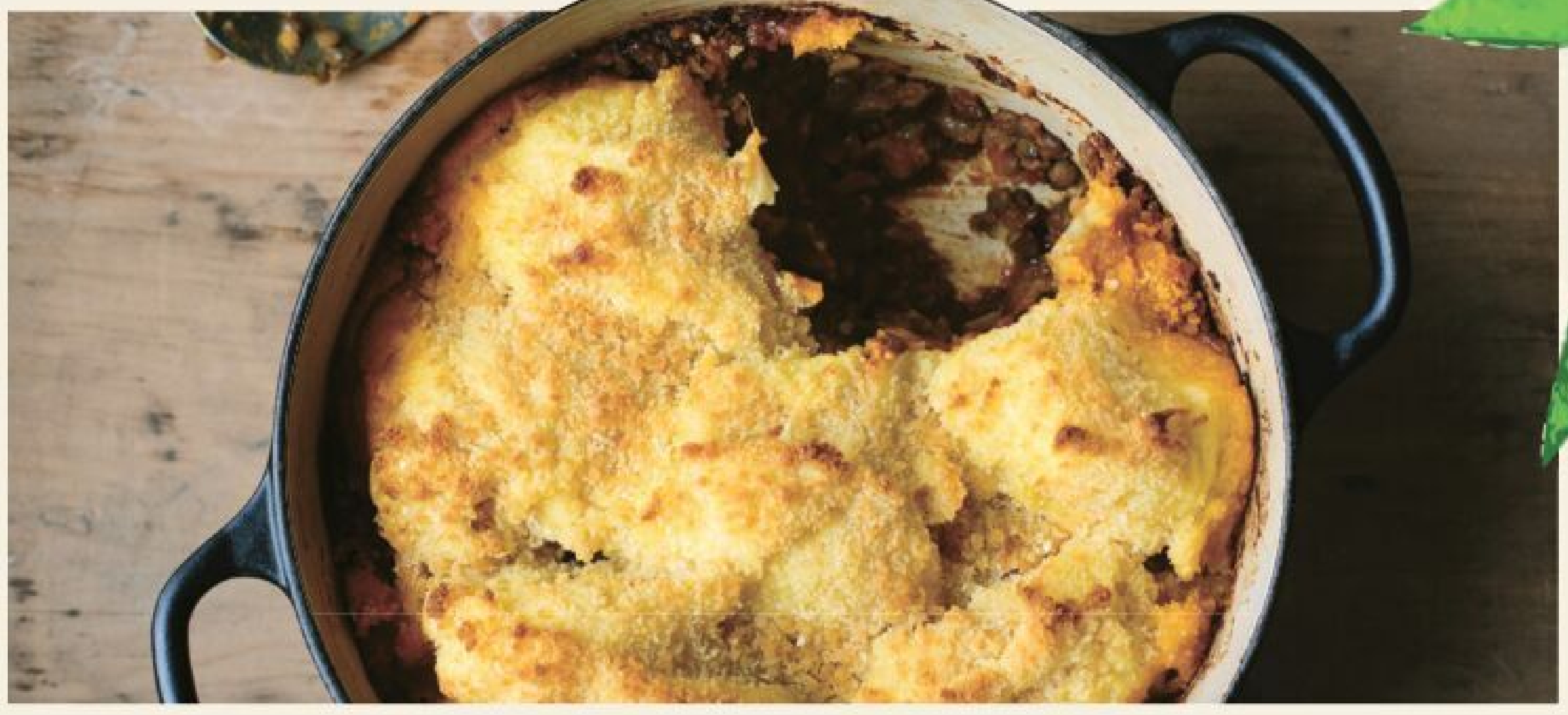
- 60ml (¼ cup) olive oil
- 1 onion, finely diced
- 1 long green chilli, finely chopped
- 4 garlic cloves, finely chopped
- 1 tsp finely grated ginger
- ½ tsp ground turmeric
- 4 carrots, ends trimmed and cut into bite-size chunks
- 500g (3 cups) cooked chickpeas, or 2 x 400g tins, rinsed and drained well
- juice and finely grated zest of 1 lemon
- 500-560ml (2-2¼ cups) water
- 2 tbsp tomato purée (paste)
- a generous handful of flat-leaf parsley, roughly chopped, plus extra, to serve
- a generous handful of mint, roughly chopped
- salt and freshly ground black pepper

1. Preheat the oven to 200°C/Gas Mark 6. Heat the olive oil in a medium-size ovenproof lidded saucepan over medium heat.
2. Add the onion and cook, stirring often, for 3-4 minutes or until tender.
3. Add the chilli, garlic and ginger and cook for a minute, then add the turmeric, stir well and cook for 10 seconds.
4. Add the carrots, chickpeas, lemon zest, water (enough to almost be level with the carrot and chickpeas), tomato purée, parsley and mint. Stir well and season with salt and pepper.
5. Bring to the boil, then cover with the lid and transfer to the oven. Cook for 40 minutes, remove the lid and cook for a further 10 minutes.
6. Stir through the lemon juice. Serve hot or at room temperature, sprinkled with extra chopped parsley, either as is or with rice or salad for a more substantial meal.

TIP If you don't own an ovenproof lidded saucepan, once you've brought the mixture to the boil, transfer to an ovenproof lidded dish and bake.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
17.7g	2.4g	0.25g	12.3g	47.2g	12.8g



Potato-top curried lentil bake

By Emma Galloway

Serves **4-6** | *Prep* **20 mins** | *Cook* **1 hr** | *Calories* **507** *(per serving)*

- 230g (1 cup) lentils (puy-style green, black/beluga or brown), rinsed and drained
- 60ml (¼ cup) olive oil
- 1 large onion, finely diced
- 4 garlic cloves, finely chopped
- 1 tbsp finely grated ginger
- 1 long green chilli, finely chopped (deseed for less heat)
- a handful of curry leaves (optional)
- 2 carrots, finely diced
- 4 tsp cumin seeds
- 2 tsp garam masala
- 2 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp fine salt
- 4 tbsp tomato purée (paste)
- juice of ½ a lemon
- a big handful of coriander (cilantro) leaves plus tender stems, roughly chopped
- 1kg (7 cups) floury potatoes such as agria, washed, peeled
- 60ml (¼ cup) rice milk
- 2 tbsp extra-virgin olive oil, plus extra to drizzle
- 2 tbsp gluten-free breadcrumbs

1. If you're planning on cooking and eating this bake right away, preheat the oven to 200°C/Gas Mark 6.
2. Place the lentils into a medium saucepan and cover with plenty of water. Bring to the boil, reduce the heat and simmer for 10-15 minutes, or until tender. Drain and set aside.
3. Cut the potatoes into cubes, place into a large saucepan, cover with cold water and season with salt. Bring to the boil, reduce the heat and simmer for 5-10 minutes or until tender. Drain well, add the rice milk and olive oil and mash well. Season with salt.
4. Meanwhile, heat the olive oil in a medium-size ovenproof saucepan over medium-high heat. Add the onion and cook, stirring often, until tender. Add the garlic, ginger, chilli and curry leaves, and cook for 1-2 minutes, stirring often.
5. Add the carrots and cumin seeds and continue to cook for 4-5 minutes, or until the carrots are starting to soften.
6. Add the garam masala, coriander, turmeric and salt. Dissolve the tomato purée in 250ml (1 cup) cold water, then add this to the pan, along with the cooked lentils. Stir well and cook for 5 minutes over low heat. Remove from the heat, then stir through the lemon juice and coriander leaves.
7. Dollop mashed potato on top of the lentils, sprinkle with breadcrumbs, drizzle a little extra olive oil over the top and bake for 25-30 minutes, or until the lentils are piping hot and the potato top is golden. Serve immediately.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
18.5g	2.6g	1.34g	7.3g	71.5g	17.1g

Deliciously quick

Dinners

RECIPES

When you want dinner in a hurry and full of flavour, these are the meals to make

Middle Eastern loaded aubergine

By Chanelle Allen, Instagram @chischomps

Serves **2** | *Prep* **25 mins** | *Cook* **30-40 mins** | *Calories* **506** *(per serving)*

2 aubergines (eggplants)

200g (1 cup) mixed grains, cooked

a small handful of pine nuts, toasted

a small handful of pomegranate seeds (arils)

a small handful of fresh basil leaves

a pinch fo sumac

FOR THE CREAMY TAHINI SAUCE

3 tbsp dairy-free yoghurt

2 tbsp tahini

½ a lemon

1 tsp garlic, minced

⅛ tsp sumac

salt and black pepper, to taste

1. Evenly slice the aubergine lengthways, then slice a cross-hatch pattern through the flesh, making sure not to slice all the way through. Slices should be about 2.5cm (1in) apart.
2. Grab a good pinch of salt and rub it into the aubergine, making sure you get in between the slices. Rest for 25-30 minutes, then squeeze out the excess moisture that is produced. Pat dry with paper towel.
3. Preheat the oven to 200°C/Gas Mark 6. In a small bowl, combine 1 tsp olive oil with the sumac and a pinch of black pepper, then brush over the aubergine, again making sure you get between the slices.
4. Pop in the oven for a good 30-40 minutes until silky soft in the centre.
5. Meanwhile, in a suitably sized bowl, combine all of the ingredients for the tahini yoghurt sauce, thinning out with water until desired texture.
6. 5 minutes before serving, toast the pine nuts in an oil-free pan.
7. Top the aubergine with grains, tahini yoghurt sauce, pomegranate, pine nuts, and basil leaves.

PER SERVING

21g	2.4g	1.1g	18.3g	71g	16.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

Roasted celeriac steaks with green tahini sauce

By Annabelle Randles from The Flexitarian
(theflexitarian.co.uk)
Serves **4** | *Prep* **10 mins** | *Cook* **30 mins**
Calories **443** *(per serving)*

1 medium celeriac
1 red onion, finely chopped
3 garlic cloves, crushed
300g (3 cups) mushrooms, finely sliced
260g (9 cups) spinach
1 tsp dried thyme
400g (2⅓ cups) butter beans or cannellini beans

FOR THE GREEN TAHINI SAUCE

20g (⅓ cup) parsley
30g (1 cup) basil
1 garlic clove
75g (⅓ cup) tahini
75ml (⅓ cup) water
½ tsp ground cumin
2 tbsp capers, roughly chopped
juice of 1-2 lemons
1-2 tbsp maple syrup

TO SERVE

75g (½ cup) hazelnuts

1. Preheat the oven to 200°C/Gas Mark 6.
2. Peel the celeriac. Cut it into four 2cm (¾in) thick slices/steaks – keep the edges to make a soup or some vegetable stock.
3. Heat some salted water in a pan. Parboil the celeriac steaks for 10 minutes until just tender.
4. In the meantime, heat some olive oil in a frying pan. Add the red onion and garlic. Fry gently until soft.
5. Add finely sliced mushrooms and dried thyme. Fry gently for 10 minutes until they are cooked and have a nice golden brown colour. Add the spinach and cook until wilted. Add the cannellini beans to the pan. Season to taste. Stir all together and keep warm.
6. When the celeriac steaks are done, pat them dry. Place them in a roasting tin. Drizzle with some olive oil and season with salt and pepper on both sides. Roast for 15-20 minutes until golden.
7. In the meantime, blend together all the ingredients for the green tahini sauce (except the capers). Transfer to a bowl. Add the chopped capers. Season to taste, adding more lemon juice and/or maple syrup.
8. Toast the hazelnuts in a pan. Set aside.
9. Serve the celeriac steaks with the vegetables. Top with green tahini sauce, extra capers and toasted hazelnuts.

PER SERVING

23g	3g	1.7g	10g	50g	19g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

Coronation cauliflower

By Saskia Gregson-Williams from naturallysassy.co.uk

Serves **2-4** | *Prep* **10 mins** | *Cook* **40 mins**

Calories **332** *(per serving)*

6 tbsp vegan mayonnaise
2-3 tsp mild curry powder, to taste
2 tbsp mango chutney
2 tbsp apricot jam
1 large cauliflower head (or 2 small-medium)
2 celery sticks, finely sliced
1 small cucumber, chopped into small pieces
2-3 tbsp poppy seeds
4 tbsp flaked almonds

1. Preheat the oven to 190°C/Gas Mark 5.
2. Chop the cauliflower into florets, and lay on a roasting tray. Toss the cauliflower in olive oil and salt before placing in the oven to roast for 40 minutes (or until starting to crisp).
3. Meanwhile, make the coronation sauce by mixing together the vegan mayonnaise, mango chutney, apricot jam and mild curry powder. Mix well.
4. Remove the cauliflower from the oven and let cool. Once cool, mix the cauliflower, celery, cucumber, poppy seeds, flaked almonds and coronation sauce in a large bowl.
5. Serve cold.

PER SERVING

17.8g	1g	0.89g	19.9g	37.9g	11.2g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

Lemon balm curry

By Rachel Ama (rachelama.com) for Linda McCartney Foods (lindamccartneyfoods.co.uk)

Serves **4** | *Prep* **10 mins** | *Cook* **40 mins** | *Calories* **415** *(per serving)*

FOR THE PASTE

- 5 garlic cloves
- 4 shallots
- a thumb of fresh ginger
- a handful of lemon balm stalks
- 1 birds eye chilli, seeds removed

FOR THE CURRY

- 2 tsp mild curry powder
- ½ tsp ground coriander
- ½ tsp turmeric
- 1 tbsp soy sauce
- 400ml (1⅔ cups) full-fat coconut milk
- ½ a stock cube
- 2 medium carrots, chopped
- 200g (1¼ cups) long stem broccoli, chopped
- 200g (1⅓ cups) Linda McCartney's Vegetarian Chicken Pieces
- 100g (1 cup) mangetout
- a squeeze of fresh lemon juice
- a handful of lemon balm
- coconut oil

1. Place the paste ingredients into a pestle and mortar or a blender and blitz into a coarse paste.
2. Heat some coconut oil in a pan on medium heat.
3. Add the paste, mild curry powder, ground turmeric and ground coriander and cook on a medium-low heat, stirring occasionally for 7 minutes.
4. Add a splash of water or additional coconut oil to loosen if the paste starts to stick to the pan.
5. Next add the soy sauce, coconut milk and stock, mix to combine, then add in the carrots.
6. Cook on a low simmer for about 20 minutes until the carrots have slightly softened, but still have a slight bite. Mix in the broccoli and cook for another 5 minutes, stirring occasionally.
7. In a separate pan, cook the Linda McCartney's Vegetarian Chicken Pieces until they are golden, following the package instructions.
8. Toss the Vegetarian Chicken Pieces and mangetout into the curry, stir and cook for 2 minutes.
9. Using your hands, tear the lemon balm leaves, releasing their aroma into small pieces and sprinkle into the curry.
10. Lastly, squeeze with fresh lemon juice and season to taste with salt. Serve with a handful of fresh coriander and wild rice.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
32g	22g	0.93g	7.1g	22.1g	13.3g

Oumph! Döner Kebab plate with mint yoghurt sauce

By Romy London, @romylondonuk for Oumph! (oumph.uk)

Serves **2-4** | *Prep* **15 mins** | *Cook* **20 mins**

Calories **452** *(per serving)*

- 1 pack of Oumph! Kebab Döner Style (280g)
- 4 tbsp water, for cooking the Oumph!
- a handful of shredded iceberg lettuce
- ¼ of a cucumber, sliced
- 2-3 large salad tomatoes, sliced
- 50-70g (¾-1 cup) shredded red cabbage (use pickled if you prefer)
- 4 pickled green chillies
- 2 tbsp chilli sauce
- ½ a red onion, finely diced
- 200g (1⅓ cups) chips

FOR THE YOGHURT MINT SAUCE

- 150g (⅔ cup) dairy-free yoghurt
- 1 tbsp apple cider vinegar
- juice of ½ a lemon
- a pinch of salt and pepper, to taste
- a handful of fresh mint leaves

1. Cook the Oumph! Kebab Döner Style in 4 tbsp water in a non-stick frying pan over high heat for 3-5 minutes. Alternatively, you can cook it on an oven tray with 4 tbsp water in a preheated oven at 175°C/Gas Mark 4 for roughly 10 minutes or until the edges are lightly browned.
2. In the meantime, prepare the chips according to the pack instructions.
3. Prepare the yoghurt mint sauce: place the dairy-free yoghurt, apple cider vinegar, lemon juice, salt, pepper and fresh mint leaves into a small food processor (or use a stick blender) and whizz until smooth.
4. To assemble the plate, arrange the lettuce, fries, red cabbage, cucumber and tomato slices onto your plate. Top with the fried Oumph! Kebab Döner Style. Add pickled green chillies and drizzle with chilli sauce and the yoghurt mint sauce.
5. To finish, sprinkle the plate with the finely diced red onion and dig in!

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
25.2g	2.4g	3g	13.8g	46.4g	16.3g

ALTERNATIVE Christmas CAKES

There is no rule that says you have to have a dense fruit cake for Christmas and these three alternatives will be greeted with admiration and smiles

PISTACHIO, LIME AND RASPBERRY WOWZER CAKE

Pistachios give this cake unbelievable taste and texture, working well with the flavour pops of raspberry and zesty lime.

By Angela Romeo

Serves **20** | *Prep* **30 mins** *plus chilling* | *Cook* **35 mins** | *Calories* **621** *(per serving)*

175g (1½ cups) pistachio nuts, shelled
1 quantity of Vegan Deep Vanilla Sponge mixture (see page 82)
finely grated zest of 1 lime
4 tbsp freeze-dried raspberries

TO DECORATE

1 quantity of Simple Vegan Vanilla Buttercream (see page 82), made with 400g (1¾ cups) vegan butter, 2 tsp pure vanilla extract and 800g (7 cups) icing (confectioner's) sugar
30g (¼ cup) raspberries, plus 5 to decorate
2 tbsp vegan seedless raspberry or red berry jam
50g (scant ½ cup) pistachio nuts, shelled and chopped
1-2 tbsp freeze-dried raspberries
1-2 tbsp pumpkin seeds
2 tbsp pomegranate seeds
1-2 tbsp goji berries

1. Preheat the oven to 180°C/Gas Mark 4.
2. For the cake, put the pistachio nuts in a food processor and blitz until finely chopped. Stir the chopped nuts through the cake batter along with the lime zest and freeze-dried raspberries. Divide between two greased and lined deep 20cm (8in) cake pans and bake in the preheated oven for 35 minutes until an inserted cocktail stick comes out clean. Allow to cool in the pans for 10 minutes, then remove and place on a wire rack to cool.
3. Trim the tops from each cake to make level. Put 150g of the trimmings into a bowl. (If you haven't got enough, shave a little off from each cake until you have the correct amount of trimmings). Cover and set aside.
4. Sandwich the cakes together using 200g of the buttercream – the bottom side of the top cake should be facing up. Place the cake on a cake board. Crumb coat the cake using 300g of the buttercream. Chill in the fridge for 15 minutes.
5. Use 300g of the remaining buttercream to coat the cake in a second layer of buttercream. Smooth and remove the excess.
6. Mash the raspberries to a pulp, then mix with the raspberry or red berry jam. Smear blobs of the jam/jelly mixture around the cake, then smooth and remove the excess to get a smooth two-tone effect.
7. Put the 150g of reserved cake trimmings into a bowl and break it up so it resembles breadcrumbs. Add 100g of the buttercream and mix with a fork until combined. Use like a 'clay' and press onto the cake to create a shawl-like shape. Chill in the fridge for 15 minutes.
8. Use a dinner knife to coat the 'shawl' roughly and very thickly using the remaining buttercream; this will cover it and act as a 'glue'. Stick on the chopped pistachio nuts, freeze-dried raspberries, pumpkin seeds, pomegranate seeds and goji berries. Use the five fresh raspberries to decorate the opposite side of the top of the cake.

PER SERVING

31g	7.3g	0.75g	57.7g	81.1g	6.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

VA VA VOOM CAKE!

This stunning cake is an absolute show stopper, with lots of extras to display your baking skills.

By Angela Romeo

Serves **20** | *Prep* **45 mins** | *Cook* **2-4 hrs** | *Calories* **548** *(per serving)*

FOR THE VEGAN CHOCOLATE SPONGE

480g (3⅔ cups) plain (all-purpose) flour

5½ tbsp unsweetened cocoa powder

280g (scant 1½ cups) caster (superfine) sugar

5 tsp baking powder

2 tsp bicarbonate of (baking) soda

480g (2¼ cups) soya yoghurt

180ml (¾ cup) sunflower oil

2 tbsp golden syrup

FOR THE VANILLA BUTTERCREAM (makes 1.5kg)

500g (2¼ cups) vegan butter, cubed, softened

2 tsp pure vanilla extract

1kg (8 cups) icing (confectioner's) sugar

FOR THE MERINGUE (makes about 25 kisses)

120ml (½ cup) chickpea water (aquafaba)

½ tsp white distilled vinegar

125g (⅔ cup) caster (superfine) sugar

FOR THE CAKE

1 quantity of Vegan Chocolate Sponge mixture, baked in three greased, lined 18cm (7in) cake pans at 180°C/Gas Mark 4 for 30 minutes until an inserted cocktail stick comes out clean, then cooled

½ a quantity of Simple Vegan Vanilla Buttercream

FOR CANDIED ORANGE

200g (1 cup) caster (superfine) sugar

1 orange, cut into 3mm (⅛in) thick slices, seeds removed (cut a couple of slices in half, keep the remainder whole)

FOR MERINGUE KISSES

vegan orange paste colouring

1 quantity of Vegan Meringue – make this just before piping

FOR THE CROCCANTE

200g (1 cup) caster (superfine) sugar

100g (1¼ cups) flaked almonds, toasted

FOR THE FRESH FRUIT AND HERBS

a few cranberries or redcurrants

3 physallis

2 sprigs of rosemary

50g (½ cup) apple crisp (see tip)

FOR THE VEGAN DEEP VANILLA SPONGE (for the recipes on pages 80 and 85, or instead of the chocolate sponge)

480g (3⅔ cups) plain (all-purpose) flour

280g (scant 1½ cups) caster (superfine) sugar

4 tsp baking powder

2 tsp bicarbonate of (baking) soda

480g (2¼ cups) soya yoghurt

180ml (¾ cup) sunflower oil

2 tbsp golden syrup

2 tsp pure vanilla extract

FOR THE CHOCOLATE SPONGE

1 Preheat the oven to 180°C/Gas Mark 4.

2 Sift the flour into a large bowl, add the cocoa, sugar, bicarbonate of soda and baking powder, and mix with a spoon to combine. Make a well in the middle.

3 Put the yoghurt into a bowl with the sunflower oil and golden syrup. Mix with a spoon until fully combined. Pour into the well of the dry ingredients. Fold through with a spatula or wooden spoon until just combined and smooth.

FOR THE VANILLA BUTTERCREAM

4 Place the butter in a bowl with the vanilla extract, 2 tbsp water and a few large spoonfuls of the icing sugar.

5 Whisk with a handheld electric whisk until combined, then whisk in the remaining icing sugar in manageable batches until smooth and spreadable. Add another 1 tbsp water, if necessary.

FOR THE MERINGUE

6 Preheat the oven to 110°C/Gas Mark ¼.

7 Whisk the chickpea water and distilled vinegar to soft peaks.

8 Add the sugar and whisk for 5-7 minutes until stiff. Use as specified in each recipe.

FOR THE CAKE

9 Preheat the oven to 100°C/Gas Mark ¼.

10 For the dehydrated candied orange, in a saucepan combine the sugar with 200ml (scant 1 cup) water. Bring to the boil over a medium-high heat, stirring until the sugar dissolves. Add the orange slices and simmer for 5-6 minutes. Use a slotted spoon to remove. When cool enough to handle, place onto one of the lined baking sheets.

11 Bake in the oven for 2-4 hours, rotating every 2 hours. Allow to cool – they will crisp as they cool. Store any leftovers in an airtight container at room temperature for up to 1 month.

12 For the meringue kisses, prepare a piping bag before making the meringue. Turn the piping bag inside-out over a bottle. Paint stripes in the orange colouring down the sides of the bag. Make the meringue mixture and fill the bag with the meringue, ensuring there's enough room to twist the top. Snip a 1.5cm (½in) hole at the tip and pipe small blobs onto two lined baking sheets. Bake for 1 hour 15-30 minutes until the undersides are dry and can be lifted easily from the baking parchment. This makes about 25 meringue kisses, you won't need all of these, but leftovers are lovely served with a coffee or crushed into whipped vegan cream with chopped strawberries for a classic British dessert, Eton Mess.

13 For the croccante, put the sugar in a saucepan. Cook over a medium heat, without stirring (swirl the pan a little, if necessary), until the sugar melts and turns a golden colour. Add the almonds and carry on cooking for 30-60 seconds. Pour onto an oiled baking sheet and leave to cool and set. Roughly break up the croccante into shards. Set aside.

14 For the cake, divide the batter between three lined 18cm (7in) cake pans and bake for 30 minutes at 180°C/Gas Mark 4 until cooked through. If necessary, trim the tops of the cakes so they are level. Sandwich the cakes together using 300g of the buttercream. The bottom side of the top cake should be facing up. Place the cake on a cake plate or cake board. Crumb coat the cake using the remaining buttercream. This will be your final coating giving it a semi-naked look; scrape off enough buttercream to reveal some of the sponge.

15 Decorate with the croccante, candied orange, meringue kisses, cranberries or red currants, physallis, rosemary sprigs and apple crisp.

TIP You can find ready-made versions of apple crisp fairly easily. For homemade, cut two eating apples across the core into 1-2mm slices. Lay on a baking sheet lined with baking parchment. Place in the oven for 1½ -2 hours at 80°C until dried out (turn over after 1 hour).

FOR THE DEEP VANILLA SPONGE

1 Preheat the oven to 180°C/Gas Mark 4.

2 Sift the flour into a large bowl, add the sugar, baking powder and bicarbonate of soda, and mix with a spoon to combine. Make a well in the middle.

3 Put the yoghurt into a bowl with the oil, golden syrup and vanilla extract. Mix with a spoon until fully combined. Pour into the well of dry ingredients. Fold through with a spatula or wooden spoon until just combined and smooth. Bake as per the instructions in step 14.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
22.6g	4.8g	0.59g	62.7g	84g	5.4g

LEMON AND GINGER TEACAKE

Steeping the fruit in a mix of English breakfast and lemon and ginger tea, gives the fruits in this cake a fragrant plump texture and the cake a delicious, moist quality.

By Angela Romeo

Serves **10-12** | *Prep* **20 mins** | *Cook* **1 hr** | *Calories* **495** *(per serving)*

2 lemon and ginger teabags
1 English breakfast teabag
350ml (1½ cups) just-boiled water
175g (1¼ cups) dried mixed fruit
100g (½ cup) caster (superfine) sugar
½ a quantity of Vegan Deep Vanilla Sponge mixture (see page 82)

TO DECORATE

200g (1 cup) caster (superfine) sugar
3 lemons, 2 sliced and 1 pared

FOR THE ROYAL ICING

2½ tbsp chickpea water (aquafaba), plus extra if needed
150g (generous 1 cup) icing (confectioner's) sugar, sifted, plus extra if needed

FOR THE BRANDY SNAPS

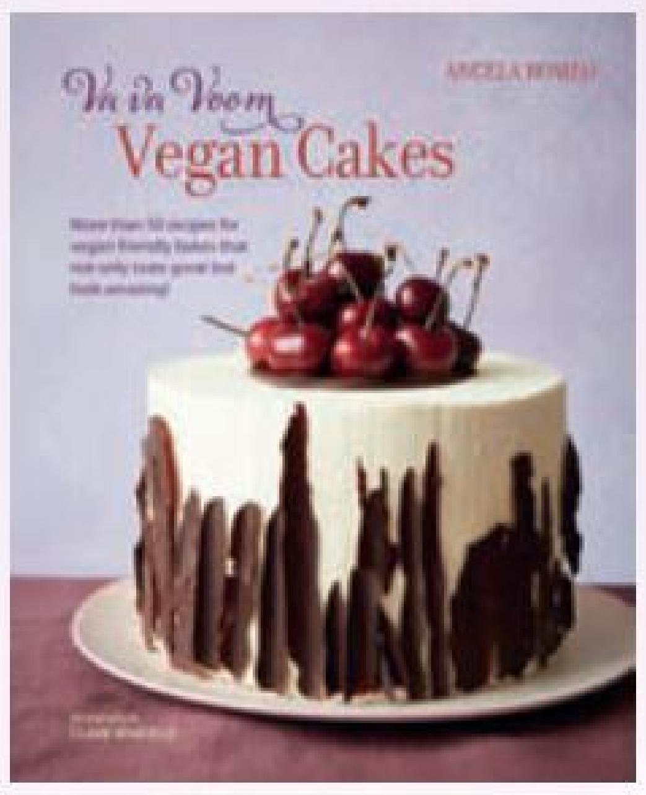
50g (scant ¼ cup) vegan butter
50g (¼ cup) brown sugar
2½ tbsp golden syrup
6 tbsp plain (all-purpose) flour
½ tsp ground ginger
grated zest of ½ a lemon, plus 1 tsp freshly squeezed juice
1 tsp brandy

1. For the royal icing, whisk the chickpea water with a handheld electric whisk until foamy, then add 100g (¾ cup) icing sugar to the mixture and continue to mix on high until thick and glossy. Add the remaining sugar and 1 tsp water, and whisk again until thick and glossy. Whisk in another 1 tsp water to loosen (or a little more icing sugar to thicken), if necessary.
2. Preheat the oven to 180°C/Gas Mark 4.
3. Put the tea bags into a measuring jug and pour over the just-boiled water. Allow to steep for 10 minutes.
4. Put the dried fruit in a saucepan with the sugar. Remove the teabags from the tea, and pour the tea over the fruit. Bring to the boil and simmer, stirring, for 4 minutes. Allow to cool. Drain and discard the liquid.
5. Fold the fruit through the cake mixture. Transfer to a greased 20cm (8in) Bundt pan and bake in the preheated oven for 45 minutes. Allow to cool in the pan for 10 minutes, then invert onto a wire rack to cool completely.
6. Meanwhile, make the candied lemon slices and curls for the decoration. In a saucepan, combine the sugar with 250ml (1 cup) water and bring to the boil over a medium-high heat, stirring until the sugar dissolves. Add the lemon slices and pared lemon strips. Simmer for 5-6 minutes until the pith and lemon become semi translucent. Using a slotted spoon, transfer to a wire rack set over a baking sheet to cool. Discard the syrup. When the strips are cool enough to handle, bend into interesting shapes or wind around wooden spoon handles.
7. For the brandy snaps, preheat the oven to 180°C/Gas Mark 4. Put the butter, sugar and syrup in a saucepan and heat gently until the butter and sugar have melted. Put the flour and ginger in a bowl and make a well in the centre. Add the lemon zest and juice, and brandy. Pour in the butter mixture and gradually beat it in until smooth.
8. Use a teaspoon to dollop eight mounds of the mixture across two lined baking sheets, well spaced apart. Cook for 8-10 minutes until golden. Leave for a minute or two before shaping. They should be pliable, but set enough to bend without tearing. Wrap around wood spoon handles for a cigar shape.
9. Drizzle the cake with the vegan royal icing and decorate with the brandy snaps, lemon shapes and slices.

TIP This makes around 12 brandy snaps – you won't need all of them to decorate the cake, but they can be kept for up to a week in a sealed airtight container. Why not pipe whipped vegan cream inside each one for a decadent afternoon tea treat!

PER SERVING

12.5g	2.1g	0.4g	66.7g	94.9g	4.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*



The extract on pages 80-85 is taken from *Va Va Voom Vegan Cakes* by Angela Romeo, photography by Clare Winfield, published by Ryland Peters & Small. (RRP £16.99.)

NEXT MONTH

Healthy New Year

Start the new year with a fresh approach to cooking and a mission to incorporate more vegetables into your diet

ON SALE
15 DEC

VEGANUARY 2022
Coach a friend through their first Veganuary with the help of our essential guide containing everything they'll need to know, and more!

WHAT'S WRONG WITH WOOL?
We take a look behind the scenes of the wool industry to discover why the much-loved fabric definitely isn't vegan

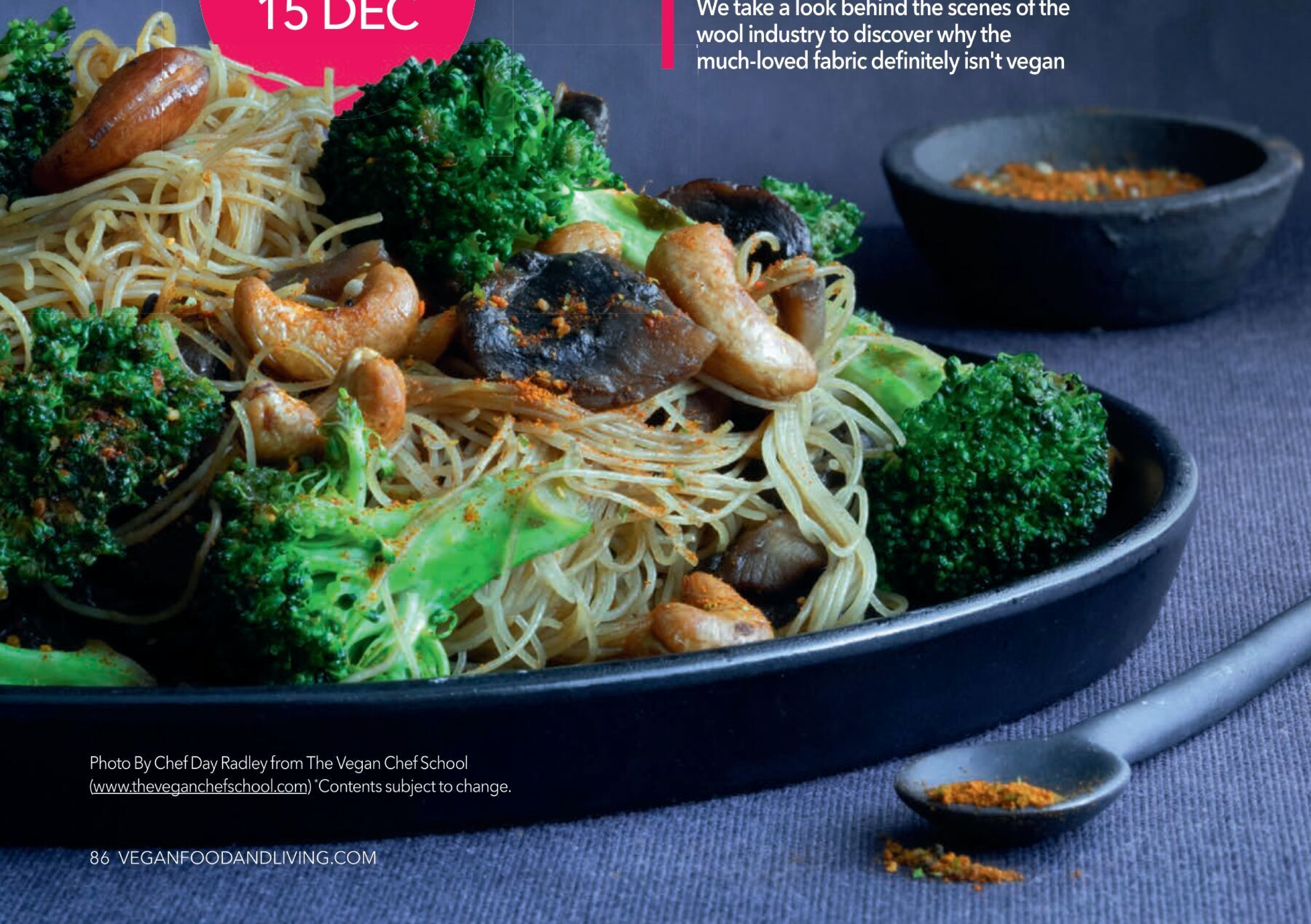


Photo By Chef Day Radley from The Vegan Chef School (www.theveganchefschool.com) *Contents subject to change.

Christmas DESSERTS

Everyone says they have no room left after the main course, but they will soon change their minds when they see these desserts

POACHED PEARS

By Daniel Farrow for The Gatherers (thegatherersnorwich.co.uk)

Serves **6** | *Prep* **5 mins** | *Cook* **40 mins** | *Calories* **264** *(per serving)*

- 1 bottle of vegan red wine
- 4 tsp cognac or brandy
- 1 cinnamon stick
- 2 stars of star anise
- 5 cloves
- ½ an orange
- 2 tbsp sugar
- 1 tsp vanilla extract
- 6 pears (or 1 per person)

TO SERVE

- candied walnuts (optional)
- vegan cream (optional)

1 Add all the ingredients except the pears, walnuts and cream to a pan and cook on a low heat for around 20 minutes.

2 Peel the pears, leaving the stalks intact. Turn the poaching wine up to a medium heat so that it is gently simmering.

3 Add the pears and simmer for 20 minutes.

4 Serve each pear with a drizzle of the poaching wine and walnuts and cream.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
0.6g	0.1g	0.03g	26.8g	41.8g	1.1g

GINGERBREAD BISCUITS

By Crackd – The No-Egg Egg (www.crackd.com)

Makes **6** | *Prep* **10 mins** | *Cook* **20 mins** | *Calories* **547** *(per biscuit)*

- 60ml (¼ cup) Crackd The No-Egg Egg
- 375g (3 cups) plain (all-purpose) flour
- 1 tsp baking powder
- 3 tsp ground ginger
- 175g (generous 1 cup) light brown sugar
- 120g (½ cup) vegan butter, cut into cubes
- 5 tbsp golden syrup

1. Preheat the oven to 170°C/Gas Mark 3 and line a baking tray with baking parchment.
2. Add the flour, baking powder and ginger to a large bowl and add the cold, cubed butter.
3. Rub together with your fingers until it resembles breadcrumbs. (Or use a food processor until the mixture resembles breadcrumbs.)
4. Mix the sugar into the flour and vegan butter and combine, then add the golden syrup and Crackd The No-Egg Egg and beat with a spatula until it is a smooth dough.
5. Knead the biscuit dough, and then roll it out onto a lightly floured work surface to 5mm (¼in) thickness and cut out your desired shapes.
6. Place the biscuits on the lined baking trays and bake in the oven for 15-20 minutes.
7. Cool on a wire rack fully, and then decorate how you please.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
16.4g	5.8g	0.54g	33g	90.6g	6.8g

GLUTEN-FREE STOLLEN

By Chef Day Radley from The Vegan Chef School (www.theveganchefschool.com)

Makes **12-16** *slices* | *Prep* **30 mins** *plus proving* | *Cook* **20-25 mins**

Calories **308** *(per slice)*

- 300g (2 cups) mixed dried fruit, such as sultanas, cherries, cranberries, apricots
- 60ml (¼ cup) brandy
- juice and zest of 1 orange
- 150g (⅔ cup) vegan marzipan
- 600ml (2½ cups) plant milk
- 2 tsp vanilla essence
- 1 tbsp dry yeast
- 300g (2½ cups) gram or fava bean flour, plus 1 tbsp
- 180g potato starch (1 cup) or tapioca flour (1½ cups)
- 100g (½ cup) fine brown sugar
- 1 tsp salt
- 1 tsp ground cardamom
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- 30g (⅓ cup) psyllium husk
- 1 tbsp icing (confectioner's/powdered) sugar

1. Put the dried fruit into a bowl. Add the brandy, orange zest and juice, then mix well and set aside. Finely chop the marzipan – if it sticks together, toss it in a small amount of the flour mixture. Set aside.
2. Put the milk and vanilla essence into a saucepan on a medium heat. Put the yeast and the 1 tbsp of flour into a jug. Heat the milk until it is lukewarm, but not hot. Add the milk to the jug and mix it with the yeast/flour. Allow the mixture to froth up for 10 minutes.
3. In a large mixing bowl that can go into the oven, mix the remaining flours, sugar, salt and spices.
4. Add the yeast water to the flour mixture in the bowl, mixing it in using a whisk until it is fully incorporated and there are no lumps. Sprinkle in the psyllium husk, then whisk this into the batter until just incorporated. Do not over-mix or the stollen will not rise well.
5. Put the dough into the oven in the bowl (this is why you need to use a mixing bowl that will go into the oven). Turn on the heat at the lowest setting, about 70°C/below Gas Mark ¼. Keep the dough in the oven for around 1 hour, until it has doubled in size. During this time, check on the oven temperature and if it gets too hot turn it off for a while. You want enough heat to help the dough rise, but not too much that will start cooking the dough. You can also rise the dough in a warm area of your house like an airing cupboard.
6. Once the dough has risen, mix it again, this will knock some air out of it. Add the dried fruit and marzipan. Knead them into the dough, then pour the dough onto a baking tray covered with baking paper. Form into a long rectangle. Put in the oven for another hour to rise, once again the heat needs to be very low, around 70°C.
7. After the second rise the stollen may have spread a little too much. If this is the case, gently push the dough back into its original shape. Return it to the oven, then turn the temperature to 180°C/Gas Mark 4. Bake for 20-25 minutes until golden brown.
8. Allow the stollen to cool, then transfer to a cooling rack. Dust with icing sugar to serve.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
4g	0.3g	0.53g	12.3g	58.8g	7.9g

CARAMEL APPLE PIE COOKIES

By Tiina Strandberg

Makes **22** *cookies* | *Prep* **15 mins** | *Cook* **15 mins** | *Calories* **144** *(per cookie)*

1 tbsp ground flaxseed
3 tbsp apple sauce
190g (1½ cups) plain (all-purpose) flour
1 tsp cinnamon
½ tsp ground cardamom
¼ tsp ground nutmeg
½ tsp baking powder
½ tsp bicarbonate of (baking) soda
½ tsp salt
113g (½ cup) vegan butter, softened
100g (½ cup) granulated sugar
100g (½ cup) brown sugar
65g (½ cup) chopped pecans
100g (1 cup) chopped apple

FOR THE CARAMEL SAUCE

50g (¼ cup) brown sugar
3 tbsp vegan cream, such as oat-based cooking cream or coconut cream
a pinch of salt

1. Preheat the oven to 180°C/Gas Mark 4. Line two baking sheets with parchment paper.
2. In a bowl, mix together the ground flaxseed with the apple sauce for the flax 'egg' and let it set for at least 5 minutes.
3. In another bowl, whisk together the flour, cinnamon, cardamom, nutmeg, baking powder, bicarbonate of soda and salt.
4. In another bowl, using a handheld mixer or with a stand mixer, cream together the butter and granulated and brown sugars. Stir in the flax 'egg'.
5. Mix the dry ingredients with the creamed butter, sugar and 'egg' softened mixture. Fold in the chopped pecans and apple and combine until the dough is firm.
6. Scoop about 2 tbsp dough onto a baking tray and flatten the dough into a cookie. Repeat with the remaining dough. Bake the cookies for 15 minutes.
7. While the cookies are baking, mix the brown sugar and vegan cream in a saucepan. Bring to a boil and let bubble at low-medium heat for about 5 minutes until the caramel thickens. Add a pinch of salt. Drizzle the caramel sauce over each cookie.
8. Store the cookies in an airtight container at room temperature for up to 4 days, or in the refrigerator for up to a week.

PER SERVING

6.6g	1.8g	0.34g	12.7g	20.4g	1.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

CRANBERRY DATE COOKIES

By Tiina Strandberg

Makes **10** *small cookies* | *Prep* **10 mins** | *Cook* **15 mins**
Calories **105** *(per cookie)*

45g (½ cup) gluten-free rolled oats
40g (⅓ cup) pecans or walnuts or a mixture of both
about 50g (⅓ cup) fresh or frozen cranberries
about 80g (⅓ cup) pitted dates such as Medjool, plus more as needed
1 tbsp coconut oil, at room temperature and scoopable
½ tsp cinnamon
⅛ tsp salt

FOR THE ICING

60g (½ cup) icing (confectioner's) sugar
1 tbsp cranberry juice
¼ tsp raspberry powder (optional)

1. Preheat the oven to 190°C/Gas Mark 5. Line a baking sheet with parchment paper.
2. In a high-speed blender or food processor, blend the oats, pecans, cranberries, pitted dates, coconut oil, cinnamon and salt until you have a coarse dough that sticks together well. Add more pitted dates – half a date (if using Medjool dates) or one date (if using smaller dates) – at a time if the dough is too crumbly.
3. Take about 1½ tbsp cookie dough and roll it into a ball. Flatten the ball on the parchment paper into a 1cm (⅖in) thick cookie with a diameter of 4cm (1½in).
4. Bake the cookies in the oven for 15 minutes. Let the cookies cool on the baking sheet for 15 minutes before moving them onto a cooling rack.
5. In a bowl, mix together the icing sugar, cranberry juice and raspberry powder, if using. Spread the icing on top of the cookies.
6. Store the cookies in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 2 months.

TIP Try this cookie with blueberries, red or black currants or blackberries.

Fantastic Vegan Cookies
Tiina Strandberg

The recipes on page 90 and the gingerbread fudge bars on page 91 are taken from *Fantastic Vegan Cookies* by Tiina Strandberg, published by Page Street Publishing. (RRP £16.99.)

PER SERVING

4.3g	1.4g	0.08g	11.4g	16.3g	1.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

GINGERBREAD FUDGE BARS

By Tiina Strandberg

Makes **16-20** *bars* | *Prep* **15 mins** | *Cook* **20 mins** | *Calories* **211** *(per bar)*

- 200g (1 cup) pitted dates, such as Medjool dates
- 170g (¾ cup) vegan butter
- 110g (½ cup) brown sugar
- 2 tsp brown rice miso paste
- 190g (1½ cups) plain (all-purpose) flour
- 3 tsp cinnamon
- 2 tsp grated fresh ginger or 1 tsp ground ginger
- 1 tsp ground cardamom
- ½ tsp bicarbonate of (baking) soda
- ⅛ tsp salt

FOR THE FROSTING

- 160ml (⅔ cup) vegan whipped cream
- 80g (⅓ cup) vegan cream cheese
- 90g (⅓ cup) sweetened cranberry jam
- 50g (⅓ cup) cranberries

1. Preheat the oven to 180°C/Gas Mark 4. Line a 20x20cm (8x8in) baking pan with parchment paper.
2. In a saucepan over medium heat, warm the dates, butter and brown sugar, constantly stirring until the dates are mostly dissolved. Add the miso paste and blend the mixture with an immersion blender until everything is smooth. Leave to cool for 5 minutes.
3. In a bowl, whisk together the flour, cinnamon, ginger, cardamom, bicarbonate of soda and salt.
4. Combine the wet ingredients with the dry ingredients and mix with a wooden spoon, spatula or with your hands until the cookie dough is smooth.
5. Press the dough evenly into the prepared baking pan and bake it for 15 minutes. Let the cookie cool in the pan completely before removing it.
6. In a bowl, mix together the whipped cream, cream cheese and sweetened cranberry jam with a spoon until they are smooth. Spread the frosting on top of the gingerbread and cut it into squares or bars. Decorate the bars with cranberries.
7. Store the bars in an airtight container in the refrigerator for up to 6 days.

TIP You can also make these bars without miso paste. Just add ¼ tsp more salt to balance the flavours.

PER SERVING

9.9g	3.4g	0.53g	17.3g	28.9g	1.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

MINCE PIES

By Pink Lady Apples (pinkladyapples.co.uk)

Serves **12** | *Prep* **30 mins** *plus chilling* | *Cook* **20 mins**
Calories **200** *(per serving)*

- 375g pack of ready-rolled sweet shortcrust pastry
- 200g (⅔ cup) mincemeat
- 1 Pink Lady Apple*, cored and finely diced
- 25g (¼ cup) dried cranberries
- 1 tbsp icing (confectioner's) sugar, to dust

1. Preheat the oven to 200°C/Gas Mark 6. Unroll the pastry onto a clean board. Using a 7cm (3in) cutter, stamp out 12 circles and use them to line a bun tin. Put in the refrigerator for 30 minutes. Reserve the pastry trimmings.
2. Meanwhile, in a bowl, mix together the mincemeat, diced apple and dried cranberries. Spoon a little of the apple mincemeat into each pastry case. Using the pastry trimmings, stamp out 12 small star or heart shapes. Put a star or heart on the top of each mincemeat tart.
3. Bake in the oven for 15-20 minutes until lightly golden and cooked.
4. Leave to cool for 5 minutes, then transfer to a wire rack and dust with icing sugar. Serve warm or cold.

PER SERVING

9.9g	3.5g	0g	3.9g	26g	2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

APPLE PIE CUPCAKES WITH CINNAMON CREAM CHEESE FROSTING

By The Zesty Lime (@thezestylime) for Jazz Apples (jazzapple.com/uk)

Makes **20-22** *cupcakes* | *Prep* **20 mins** | *Cook* **35 mins** | *Calories* **297** *(per cupcake)*

FOR THE APPLE PIE FILLING

4 JAZZ™ apples
1 tbsp lemon juice
100g (½ cup) caster sugar
1 tbsp vegan butter
1 tsp cinnamon
⅛ tsp nutmeg
60ml (¼ cup) water
cornflour slurry – 1 tbsp cornflour (cornstarch) mixed with 1 tbsp water

FOR THE FROSTING

125g (½ cup) vegan butter
125g (½ cup) vegan cream cheese
1 tsp unsweetened soy milk
2 tsp vanilla extract
½ tsp cinnamon
350g (3 cups) icing (confectioner's) sugar

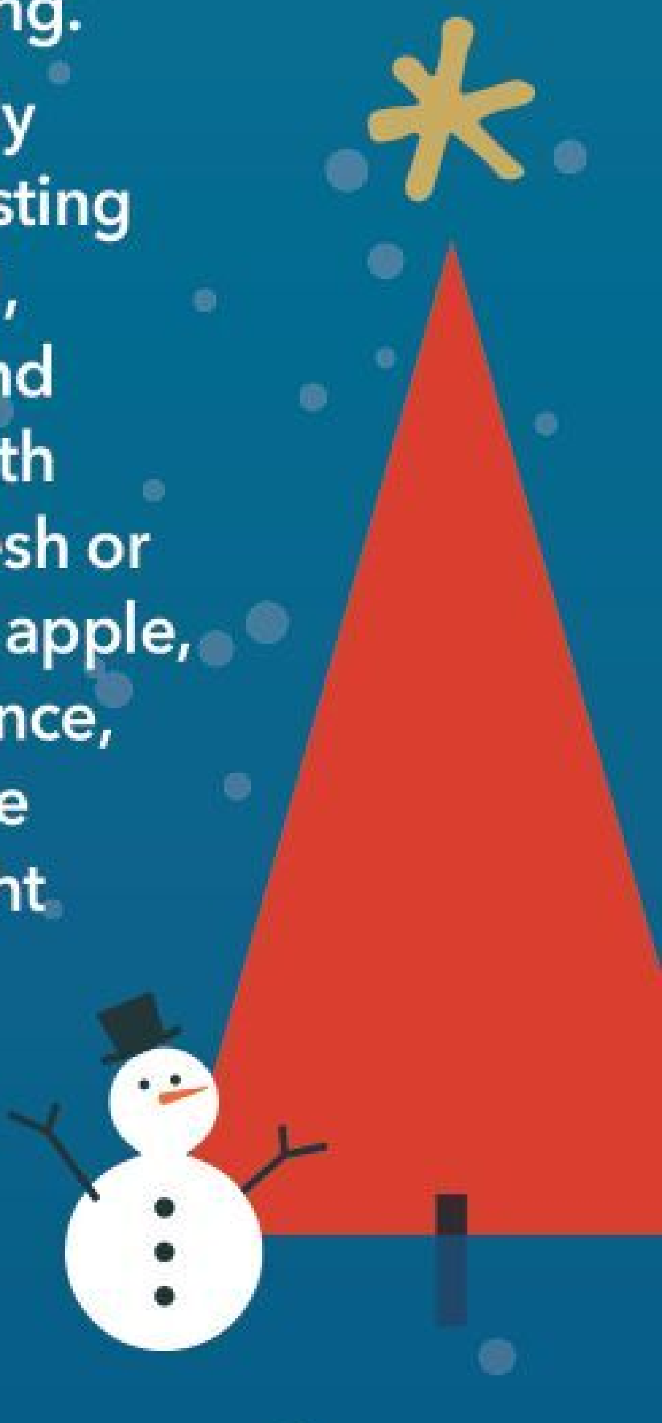
FOR THE CUPCAKES

240ml (1 cup) unsweetened soy milk
1 tbsp apple cider vinegar
220g (1¾ cups) plain white (all-purpose) flour
200g (1 cup) caster sugar
1 tsp bicarbonate of (baking) soda
½ tsp salt
½ tsp cinnamon
2 tsp vanilla extract
80ml (⅓ cup) vegetable oil

1. Peel, core and dice the apples, then mix together in a pan with all the other filling ingredients except the cornflour slurry. Simmer over medium heat until the apples have started to soften, then mix together the cornflour and water and add to the apples.
2. Stir well until the liquid thickens, then remove from the heat and transfer into a bowl to cool while preparing the cupcake batter.
3. For the frosting, measure out the butter and cream cheese and leave in a bowl for a few minutes to soften. Add the milk, vanilla and cinnamon and whisk using an electric hand mixer. Slowly add the icing sugar and mix together until smooth and creamy. Keep in an airtight container in the fridge; leave for 15-20 minutes at room temperature before using.
4. Preheat the oven to 180°C/Gas Mark 4. For the cupcakes, in a bowl, mix the milk and cider vinegar. Leave for 5 minutes to curdle. Meanwhile, sift the flour into a large bowl, then add the sugar, bicarbonate of soda, salt and cinnamon – whisk together.
5. Mix the vanilla and oil into the milk and vinegar. Slowly pour the wet mixture into the bowl with the dry ingredients, whisking well with an electric hand mixer until incorporated into a smooth batter.
6. Line a tin with cupcake cases and fill each one about a quarter full with cupcake batter. Add about 1 tbsp apple pie filling to each liner, taking care to keep the filling in the middle. Spoon more cupcake batter on top to cover the filling, keeping each case only three-quarters of the way full, as they need room to rise.
7. Bake for 20-25 minutes until the cupcakes are well risen and a toothpick comes out clean when inserted. Transfer to a wire rack to cool completely before icing.
8. Once the cupcakes are fully cooled, pipe or spread frosting onto the top. Once frosted, cupcakes can be served and eaten as is, or sprinkled with cinnamon, topped with fresh or dehydrated slices of JAZZ apple, or for the ultimate decadence, drizzled with your favourite homemade or store-bought dairy-free caramel sauce.

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
11.3g	3.4g	0.53g	37.3g	47.1g	2.2g



GOLDEN RUM, BISCOFF AND PUMPKIN PIE TRIFLE

By The Vegetarian Society (vegsoc.org)
Serves **8-10** | *Prep* **25 mins** | *Cook* **1 hr 15 mins**
Calories **1,131** *(per serving)*

FOR THE CUSTARD
- 950g (6 cups) pumpkin or butternut squash, peeled, deseeded and cut into small chunks
- 3 tbsp sunflower oil
- 400ml (1⅔ cups) oat or almond milk
- 85g (scant ½ cup) caster (superfine) sugar
- 1 tbsp tahini
- 1½ tbsp lemon juice
- 3 tsp vanilla extract
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- a few pinches of grated nutmeg
- a pinch of sea salt

FOR THE BISCOFF SPONGE LAYER
- 350ml (1½ cups) oat or almond milk
- 2 tsp cider vinegar
- 150g (½ cup) Biscoff spread
- 2 tsp vanilla extract
- 150ml (⅔ cup) sunflower oil
- 200g (1 cup) caster (superfine) sugar
- 300g (2½ cups) plain (all-purpose) flour
- 1 tsp baking powder
- 2 tsp bicarbonate of (baking) soda
- 1 tsp sea salt
- 1¾ tbsp vegan margarine, for greasing

FOR THE TOPPING
- 75g (⅔ cup) hazelnuts, very roughly chopped
- 75g (⅔ cup) pecans, very roughly chopped

FOR THE BLUEBERRY COMPOTE LAYERS
- 400g (2½ cups) frozen or tinned blueberries
- juice of ½ a lemon
- 1 tbsp caster (superfine) sugar, or to taste
- 150g (1 cup) mix of chopped dried prunes and flame raisins

FOR THE SYRUP
- 100ml (scant ½ cup) golden rum or bourbon, to taste
- 50ml (scant ¼ cup) maple or golden syrup, to taste

FOR THE TOPPING
- 540ml (2¼ cups) vegan whipping cream (we used Elmlea)
- 50g (⅓ cup) crystallised ginger
- grated nutmeg

1. Preheat the oven to 200°C/Gas Mark 6.
2. For the custard, in a roasting tin, mix the pumpkin or squash with 1 tbsp sunflower oil. Roast for 30-40 minutes or until tender and a little golden. Leave to cool completely. Put the cooled pumpkin and remaining custard ingredients into a food processor. Blend until it becomes silky smooth. Set aside in the fridge.
3. For the sponge, turn the oven down to 180°C/Gas Mark 4.
4. In a jug, mix together the oat/almond milk and vinegar. Leave it for 5 minutes, so it curdles slightly. In a medium bowl, add the Biscoff spread, vanilla extract, oil and sugar. Use an electric whisk to beat until smooth. Add the milk mixture and whisk together.
5. In a separate bowl, mix together the flour, baking powder, bicarbonate of soda and salt. Sieve one third of the flour mixture into the bowl with the wet mixture and fold it in using a large spoon. Add the next third and fold in again. Add the final third and fold in, being careful not to over-mix.
6. Grease a 20x30cm (8x12in) brownie tin with the margarine and line with non-stick baking parchment. Spoon the sponge mix into the tin. Bake for 25-35 minutes, until springy to the touch. Remove from the oven and leave to cool in the tin for 15 minutes. Lift out of the tin with the paper and leave to cool on a wire rack.
7. To roast the nuts, place the hazelnuts and pecans on a baking tray, then roast for around 5-15 minutes in the oven, until they are a deep golden colour. Shake the tray occasionally to ensure even roasting and to keep a close eye on them as they can burn easily. Put the hazelnuts onto a plate or board to cool.
8. For the blueberry compote, in a small saucepan, heat the blueberries with the lemon juice and sugar over a low heat. Simmer gently for about 5-7 minutes, until the mixture is syrupy and coats the back of a spoon. Take off the heat and mix in the prunes and flame raisins. Set aside to cool.
9. For the syrup topping, in a small jug, mix together the rum or bourbon and maple or golden syrup. Set aside.
10. For the whipped cream, in a large bowl, use an electric whisk to beat the cream until it holds its shape. Be careful not to over-whip or it may split.
11. To assemble, cut the sponge in half and then cut into 24 fingers. Add half of the fingers in a layer in the bottom of a trifle dish. Drizzle over some syrup topping and almost half the blueberry compote.
12. Add a third of the nuts and a third of the ginger, then half the custard and a third of the cream. Repeat these layers a second time in the same order.
13. Top the trifle with the rest of the whipped cream. Sprinkle the rest of the crystallised ginger, nuts and nutmeg over the top. Drizzle over the syrup to finish.

TIP 1 When making the custard, blending it in two batches using a smoothie blender can make it a lot easier.

TIP 2 The sponge can be baked ahead of time and frozen for up to 3 months. Wrap it up tightly in clingfilm before freezing. To defrost, put it in the fridge, still wrapped in clingfilm, and slow defrost for 6-8 hours. For the blueberry compote, freeze in a sealed plastic tub and slowly defrost in the fridge for 6-8 hours.

PER SERVING

67.4g	22.2g	1.9g	71.9g	109.2g	11.2g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

PEANUT BUTTER PECAN PIE

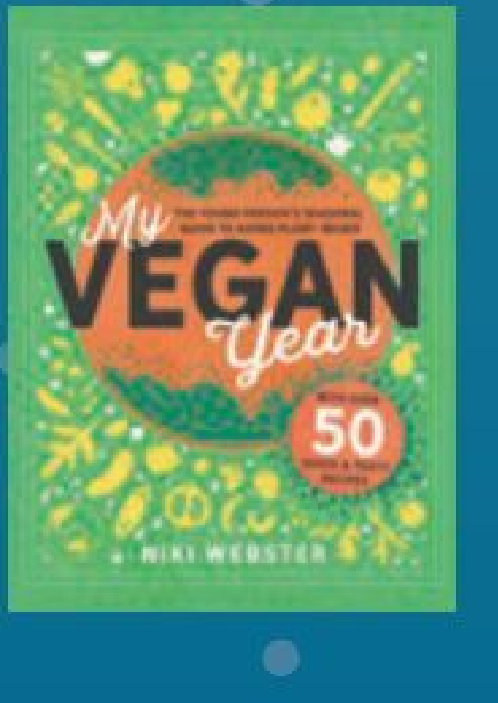
By Niki Webster
Serves **6-8** | *Prep* **15 mins** *plus chilling*
Cook **5 mins** | *Calories* **552** *(per serving)*

FOR THE CRUST
100g (scant 1 cup) pecans
50g (½ cup) ground almonds
2 tbsp peanut butter
2 tbsp cacao powder
2 tbsp maple syrup
3 Medjool dates, pitted
a pinch of salt

FOR THE FILLING
5 Medjool dates, pitted
2 tbsp peanut butter
1 tsp almond extract
1 tsp vanilla extract
1 tbsp coconut oil
a pinch of sea salt flakes
300g (1½ cups) soft silken tofu
2 tbsp cacao powder
2 tbsp maple syrup

FOR THE TOPPINGS
200g (1¾ cups) pecans
2 tbsp maple syrup
sea salt flakes

1. Grease a 25cm (10in) loose-bottom pie tin.
2. For the crust, add the pecans to a food processor or high-speed blender and whizz until crumbly.
3. Add in the rest of the crust ingredients, and blitz again until everything comes together.
4. With your hands, press the mixture onto the bottom and sides of the pie tin.
5. Wash out the mixer and add in the filling ingredients. Blitz until smooth and creamy – it will be a few minutes before all of the dates are thoroughly blended in.
6. Dollop the filling onto the base and smooth it out.
7. To toast the nuts, add the pecans to a small pan and heat to medium. Dry toast until the pecans are a little toasted.
8. Turn off the heat and tip the nuts into a bowl. Now add the maple syrup and sea salt. Stir to combine.
9. When the nuts have cooled down, top the tart with the toasted nuts.
10. Transfer to the fridge for at least 1 hour to firm up. Store in the fridge until it's time to eat.



The recipes on page 94-95 are taken from *My Vegan Year: The Young Person's Guide to Going Plant-Based* by Niki Webster, published by Welbeck Children's Books. (RRP £14.99.)

PER SERVING

40.8g	6.4g	0.1g	31.4g	45.4g	12.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

FREYA'S LOVE HEARTS

By Niki Webster
Makes about **8** | *Prep* **15 mins** *plus chilling*
Cook **none** | *Calories* **259** *(per heart)*

60g (⅔ cup) ground almonds
2 tbsp oats of choice
3 tbsp cacao powder
a pinch of sea salt flakes
3 tbsp peanut butter
2 tbsp melted coconut oil, plus 1 tsp for the chocolate
1 tsp vanilla extract
4 Medjool dates, pitted
100g (⅔ cup) vegan chocolate

FOR THE TOPPINGS
chopped pistachios

1. In a food processor, blitz together the ground almonds, oats, cacao powder, a pinch of salt, peanut butter, vanilla, dates and melted coconut oil to form a sticky mix.
2. Form the mix into a ball in your hands, then pop on a chopping board. Roll the mix out to 1cm (½in) thick and use heart-shaped cookie cutters to create the hearts. Re-roll until you've used up all the mix.
3. Arrange them on a lined baking tray and freeze for 30 minutes to firm up.
4. Break up the chocolate and add to a small pan with 1 tsp coconut oil. Very gently heat on low until the chocolate is melted. Don't over-stir.
5. Remove the hearts from the freezer, place a cocktail stick in the centre of each heart and dip in the melted chocolate. Add back to the tray and sprinkle pistachios over the top.
6. Transfer back in the fridge to firm up. Store in the fridge.

PER SERVING

17.3g	7.5g	0.2g	10.9g	28.1g	6.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

MAKE YOUR OWN GIFTS

There's nothing nicer than unwrapping a Christmas gift that you can then tuck into straight away

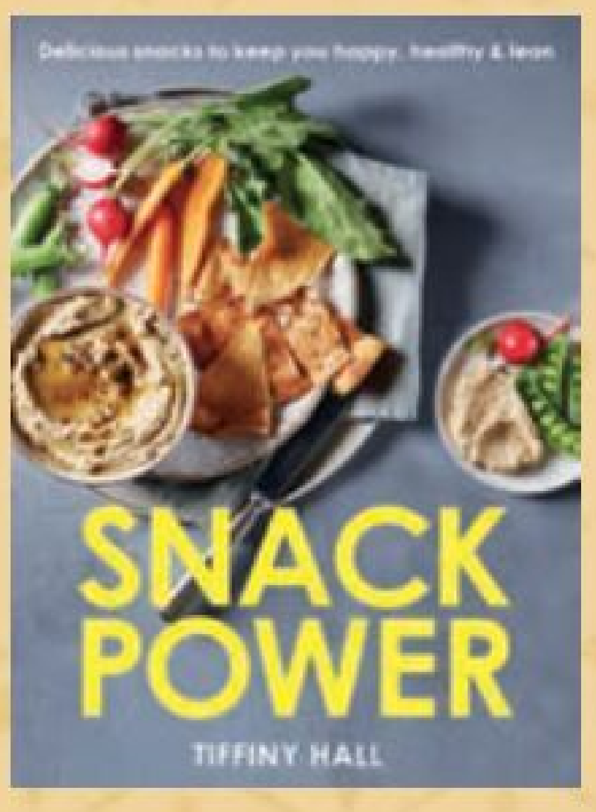
CHOCOLATE-AND-NUT-COATED DATES

By Tiffiny Hall

Makes **16** *(4 dates per snack)* | *Prep* **15 mins** | *Cook* **3 mins**
Calories **372** *(per 4 dates)*

- **2 tbsp finely chopped peanuts**
- **2 tbsp finely chopped pepitas (pumpkin seeds)**
- **16 Medjool dates, pitted and frozen for 15 minutes**
- **50g (⅓ cup) vegan dark chocolate (70%)**

1. Place the peanuts and pepitas in two separate small bowls.
2. Melt the chocolate in a microwave for 1 minute, and then in 30-second intervals, stirring after each time until fully melted.
3. Dip half of each date into the melted chocolate and then roll in either the peanuts or pepitas.



The recipes on pages 96-97 are taken from *Snack Power* by Tiffiny Hall, photography by Brent Parker Jones, published by Murdoch Books. (RRP £12.99.) This book contains non-vegan recipes.

PER SERVING

7.7g	2.8g	0.01g	64g	81.8g	4.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

CHRISTMAS CHOCOLATE BARK

By Tiffiny Hall

Makes **10** | *Prep* **15 mins** *plus chilling*
Cook **2 mins** | *Calories* **121** *(per serving)*

200g (1⅓ cups) vegan dark chocolate (70%), chopped
10g (⅛ cup) coconut flakes
20g (⅛ cup) pistachio nut kernels, chopped
20g (⅛ cup) dried cranberries

1. Melt the chocolate in a heatproof bowl and microwave for 30 seconds at a time, stirring after each time until melted and smooth.
2. Place the coconut flakes in a dry frying pan over medium heat. Toss for 1-2 minutes until lightly toasted. Transfer to a plate to cool.
3. Line a baking tray with baking paper and pour the chocolate onto the tray. Use a spatula to spread the chocolate out evenly so that it's about 1cm (½in) thick. Scatter over the pistachio kernels, cranberries and toasted coconut, then place in the freezer to set for 20 minutes.
4. Remove from the freezer and break into 10 pieces.

TIP Store in an airtight container for up to 1 week.

PER SERVING

7.1g	4.1g	0g	1.5g	15.7g	1.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

STRAWBERRY AND CHIA JAM KISSES

By Tiffiny Hall

Makes **10** | *Prep* **20 mins** *plus chilling* | *Cook* **8 mins** | *Calories* **133** *(per cookie)*

FOR THE COOKIES
155g (1 cup) raw cashew nuts
30g (¼ cup) coconut flour
3 tbsp rice malt syrup
1 tsp coconut oil, melted
1 tsp natural vanilla extract
⅛ tsp salt

FOR THE JAM
80g (½ cup) strawberries, hulled
2 tbsp chia seeds

PER SERVING

8g	1.8g	0.08g	1.6g	12.1g	3.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Carbs*	*Protein*

1. Add the cashews and coconut flour to a food processor and blitz to a fine crumb consistency. Add the remaining cookie ingredients and pulse until the mixture resembles a dough. Shape the dough into a disc, cover tightly with clingfilm and refrigerate for 30 minutes.
2. Preheat the oven to 180°C/Gas Mark 4 and line a baking tray with baking paper.
3. Place the strawberries in a blender and blitz for a few seconds. Add the chia seeds and pulse again until combined. Set aside in the fridge for 20 minutes.
4. Roll the chilled dough out to about 5mm (¼in) thick on a piece of baking paper. Use a 7cm (2¾in) cookie cutter (or glass) to cut out cookies and place these on the prepared tray.
5. Using a 3cm (1¼in) cookie cutter, cut out the centre of half the cookies. Re-roll any scraps of pastry and repeat the process. Make sure you have the same number of both cookies (those with and without holes). Bake for 5-8 minutes, or until golden.
6. Cool on the baking tray for a few minutes, then transfer to a wire rack to cool completely. Once cool, spread 1 tsp jam on a solid cookie and top with a cut-out cookie so the jam peeks through.

TIP Store in an airtight container for up to 5 days.

CHOCOLATE DIPPED HONEYCOMB

By Edd Kimber

Makes **25-30** *chunks* | *Prep* **10 mins** | *Cook* **5 mins** | *Calories* **555** *(per 5 chunks)*

oil, for greasing
4 tsp bicarbonate of (baking) soda
½ tsp cream of tartar
80ml (⅓ cup) golden syrup or corn syrup
300g (1½ cups) caster (superfine) sugar
300g (2 cups) vegan dark chocolate, melted

1. Lightly grease a 23x33cm (9x13in) baking tin and line with a large single sheet of parchment paper that stands slightly above all the sides. Set close to your hob.
2. Weigh out all the ingredients before you start, because this recipe happens so quickly that you won't have time to do any prep once the sugar is cooked to the right temperature.
3. Place the bicarbonate of soda and cream of tartar in a small bowl and stir to combine.
4. Scrape the syrup into a large saucepan and pour in the sugar. Place over a medium heat, stirring occasionally with a heatproof spatula, until the mixture is smooth and the sugar has dissolved. Continue heating until the mixture is a rich caramel colour and reaches 149°C/300°F on an instant-read or jam thermometer.
5. Remove the pan from the heat and, using a metal whisk, very briefly mix in the bicarbonate mixture. This action needs to be done quickly, but without leaving lumps. Over-whisking at this point will deflate the honeycomb.
6. Pour the honeycomb into the prepared tin and watch as it grows and expands. Set aside for a few hours or until fully set.
7. Place a large sheet of parchment paper onto a work surface.
8. Place the melted chocolate in a small bowl. Break the honeycomb into chunks, dip them into the chocolate, then place them on the parchment paper until set.

TIP Stored in an airtight container in a cool, dry place, the honeycomb should keep for about a week.

ONE TIN BAKES EASY
Edd Kimber

The recipes on pages 98-99 are taken from *One Tin Bakes Easy* by Edd Kimber, published by Kyle Books. (RRP £17.99.) This book contains non-vegan recipes.

PER SERVING

16g	10g	2.52g	72.8g	113g	4.1g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

CHOCOLATE BARK WITH PUFFED RICE AND SEED

By Edd Kimber

Serves **8** | *Prep* **10 mins** *plus chilling* | *Cook* **5 mins**
Calories **280** *(per serving)*

oil, for greasing
400g (2⅔ cups) vegan dark chocolate, roughly chopped
50g (2 cups) puffed rice cereal
35g (¼ cup) mixed seeds
½ tsp flaked sea salt

1. Lightly grease a 23x33cm (9x 13in) baking tin and line it with a large single sheet of parchment paper that fully covers both the base and sides.
2. Place the chocolate in a bowl and microwave on high for 30 seconds. Although it won't look like anything has happened, give it a good stir anyway, then repeat this step. After the second stir, repeat the microwaving, but now in 15-second bursts, until the chocolate is about three-quarters melted. Remove the bowl and stir until fully melted.
3. Add the cereal to the chocolate and stir until evenly coated. Scrape the mixture into the prepared tin and spread evenly. Immediately sprinkle over the seeds and salt. Refrigerate until set.
4. Use the parchment paper to transfer the bark to a board, then break it into chunks. If stored in a sealed container in the refrigerator, the bark will keep for at least a week.

PER SERVING

15.3g	8.6g	0.33g	0.1g	39g	5g
Total fat	Saturates	Salt	Sugar	Carbs	Protein

SALTED PISTACHIO AND ROSE BRITTLE

By Edd Kimber

Serves **10** | *Prep* **10 mins** *plus setting* | *Cook* **5 mins** | *Calories* **310** *(per serving)*

60g (4 tbsp) vegan butter, plus extra for greasing
250g (2 cups) shelled pistachios
150g (¾ cup) caster (superfine) sugar
225g (⅔ cup) golden syrup or brown rice syrup
1 tbsp water
1 tbsp rose water
¼ tsp bicarbonate of (baking) soda
1-2 tbsp edible rose petals (optional)
½ tsp flaked sea salt

PER SERVING

Total fat	Saturates	Salt	Sugar	Carbs	Protein
14.9g	2.9g	0.57g	34.6g	40.1g	4.9g

1. Lightly grease a 23x33cm (9x13in) baking tin. Line with a large single sheet of parchment paper that fully covers both the base and sides.
2. Take about 50g (scant ½ cup) of the pistachios, roughly chop them and set aside for decoration.
3. Place the butter, sugar, syrup and water in a large, heavy-based saucepan over a medium heat, stirring occasionally, until it reaches 149°C/300°F on an instant-read or jam thermometer. Remove from the heat, add the whole pistachios and rose water and stir to combine. The mixture will thicken up immediately, so place it back on the heat and stir until it becomes liquid and again reaches 149°C/300°F. Remove from the heat and add the bicarbonate of soda, mixing until it is combined.
4. Quickly tip the mixture into the prepared tin and spread evenly. Sprinkle immediately with the chopped pistachios, the rose petals (if using) and the salt.
5. Set the tin aside for a couple of hours, until firm. Remove the brittle from the tin, then use a rolling pin to break into pieces.

TIP Stored in a sealed container in a cool, dry spot, the brittle should keep for at least a week.

COOL COCKTAILS

Tickle your tastebuds with Christmas tipples that get the party going with a swing

COGNAC HIGHBALL

At its rich, spirited heart, brandy is still wine – bursting with fresh flavours and deep, earthy aromas. Paired here with sweet vermouth, Fever-Tree Spiced Orange Ginger Ale and a dark berry garnish, the spirit's suppressed flavours are unlocked, enhanced and come bubbling to the fore at full, fruity strength.

By Fever-Tree (fever-tree.com)

40ml (⅙ cup) premium Cognac (we like Hennessy)
2 tsp sweet vermouth
Fever-Tree Spiced Orange Ginger Ale, to top up
blackberry, to garnish
blueberry, to garnish

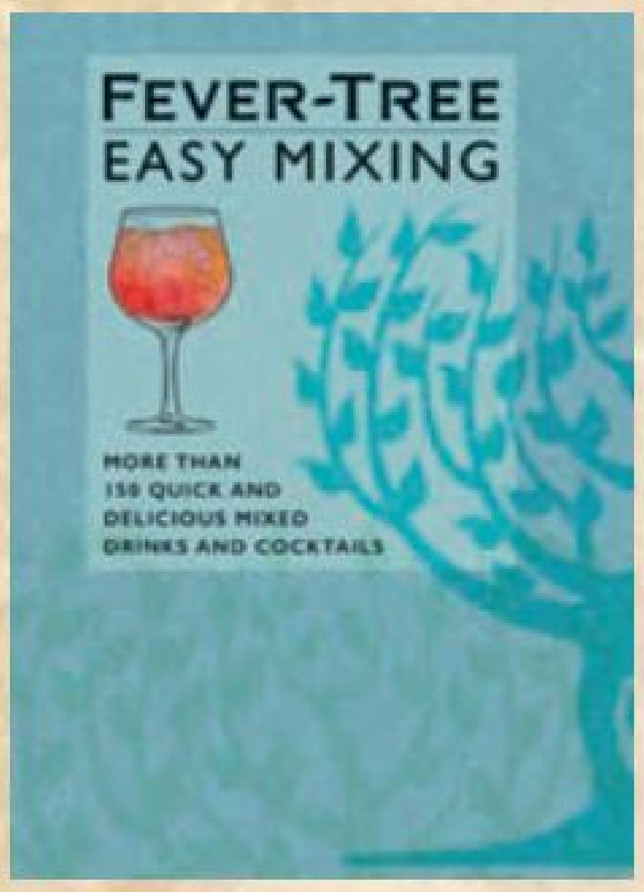
WITH A TWIST

40ml (⅙ cup) premium cognac
2 tsp sweet vermouth
3 blackberries, plus an extra blackberry to garnish
5 blueberries, plus an extra blueberry to garnish
Fever-Tree Spiced Orange Ginger Ale, to top up

1. Pour the cognac and sweet vermouth into a highball glass filled with ice cubes. Top up with the ginger ale. Garnish with a blackberry and a blueberry.

WITH A TWIST

1. Pour the Cognac and sweet vermouth into an empty cocktail shaker. Add the blackberries and blueberries. Fill the shaker with ice cubes and shake. Pour the contents of the shaker into a highball glass. Top up with the ginger ale. Garnish with a blackberry and a blueberry.


FEVER-TREE
EASY MIXING
MORE THAN 150 QUICK AND DELICIOUS MIXED DRINKS AND COCKTAILS

The extract on pages 100-101 is taken from *Fever-Tree Easy Mixing: More than 150 Quick and Delicious Mixed Drinks and Cocktails* by Fever-Tree, published by Mitchell Beazley. (RRP £15.99.) This book contains non-vegan recipes.

RASPBERRY MULE

This recipe, which introduces Chambord liqueur to a classic Mule, gives the traditional cocktail a fruity edge. The tang of the raspberries matches the bite of the ginger, and the fresh lime gives the drink a clean, crisp and thoroughly refreshing finish.

By Fever-Tree (fever-tree.com)

35ml (2 generous tbsp) premium vodka (we like Grey Goose)
3 tsp Chambord
Fever-Tree Ginger Beer, to top up
2 lime wedges
2 raspberries, to garnish
mint sprig, to garnish

WITH A TWIST

5-6 mint leaves, plus an extra sprig to garnish
3 raspberries, plus an extra raspberry to garnish
40ml (⅙ cup) premium vodka
20ml (4 tsp) Chambord
Fever-Tree Ginger Beer, to top up
mint sprig, to garnish
dark chocolate, for grating, to garnish (optional)

1. Fill a copper or glass mug with ice cubes and pour over the vodka and Chambord. Top up with ginger beer. Squeeze over, then drop in the lime wedges. Garnish with the raspberries and a mint sprig.

WITH A TWIST

1. Add the mint leaves and raspberries to an empty cocktail shaker. Pour in the vodka and Chambord and add plenty of ice cubes. Shake vigorously for 15 seconds. Pour the contents of the shaker into a copper or glass mug and add a couple more ice cubes. Top up with the ginger beer. Garnish with an extra raspberry and a mint sprig. For a touch of decadence, grate dark chocolate over the raspberry.

LONG COSMOPOLITAN

This fresh, fruity twist on a classic cocktail is packed with vibrant, full-bodied flavours. Vodka, cranberry juice and Cointreau create a sweet base, and the soda, with its Mexican lime essence and Japanese yuzu extract, adds the perfect finishing touch. Fresh orange contributes an extra touch of sharpness to bring everything together.

By Fever-Tree (fever-tree.com)

35ml (2 generous tbsp) premium vodka (we like Belvedere)
3 tsp Cointreau
25ml (5 tsp) cranberry juice
Fever-Tree Mexican Lime Soda, to top up
lime wedge, to garnish

WITH A TWIST

35ml (2 generous tbsp) premium vodka
3 tsp Cointreau
25ml (5 tsp) cranberry juice
3 tsp Lillet Rosé or Martini Rosato Vermouth, or any rosé vermouth
Fever-Tree Mexican Lime Soda, to top up
1 orange wedge

1. Fill a tall glass with ice cubes. Pour over the vodka, Cointreau and cranberry juice. Top up with the soda. Garnish with a lime wedge.

WITH A TWIST

1. Fill a tall glass with ice cubes. Pour over the vodka, Cointreau and cranberry juice.
2. Add the rosé vermouth – this will add undertones of strawberry and raspberry that will complement the flavour of the drink. Top up with the soda. Squeeze the orange wedge over and then drop it into the glass to garnish.

Festive Dilemmas

Christmas is coming and as vegans we all want the geese to stay happy and fat! Clea Grady reveals how to make it through the holiday season without that other infamous C Word – conflict

I love Christmas! It genuinely is the most wonderful time of the year for me and I think the magic around it has only increased since I've been vegan. But I realise and recognise that it can be a stressful and worrying time for lots of us, for lots of reasons, so I thought that sharing a few tried and tested tips might be helpful. With a little forethought and some negotiation, it is possible to get through Christmas unscathed and have fun at the same time...

"My family don't want a vegan Christmas"

Something goes a little haywire in the brains of non-vegans at Christmas, with many recoiling in horror at the mere concept of a meal without a giant stuffed bird as the centrepiece. But when you stop and think about it, the majority of the typical western Christmas dinner is actually vegetable based, so coming to a happy medium is an easier possibility than most of us initially think.

I like to get in there first and offer to make the bulk of the vegan fare, as then you're guaranteed a plate of nosh no matter what. My standard is to turn up with roast potatoes (you can never have too many after all), a big jug of gravy (mine is like a meal in itself – see opposite for a fully-adaptable recipe), a tray of roasted veg, dauphinoise potatoes or cauliflower cheese. The host will likely love you for assisting with the catering and you won't be left with a sad-looking plate of limp veg. Plus, any leftovers can be bagged up for a lazy Boxing Day in front of the TV.

Of course, you may encounter a host who's a fervent vegan food hater and this is always a tough one to negotiate. My recommendation here is to bring out the big guns: M&S. Their Plant Kitchen range is the business and everything is oven-ready and in small portions, so you can basically go armed with a vegan meal for one. I'd grab the no-chicken kievs, some bean and cauliflower mash, gravy and some of the prepared green veg, with their mince pies or Christmas pud for afters. **Top tip:** grab a couple of packs of the kievs, as they're a game changer for any meat eater and you don't want to have to share yours with the entire table!

"They don't know what to buy me"

Leather, wool, silk, Dairy Milk chocolate... Our list of 'what not to buy' may feel daunting to people who've not yet thought of how many ways humans use animals. If we put ourselves in their shoes, it probably does feel like a bit of a minefield! But we can totally help them out with suggestions or outright requests – to be honest, it depends on your relationship and how plainly you can speak. Vouchers and gift cards are a great workaround, as it's still 'giving' and doesn't feel as potentially thoughtless as cash. Highstreetvouchers.com is brilliant, as their gift cards can be used in lots of shops both on and offline, and the name is easy to remember. There will always be the odd family member who cannot get their head around your veganism, so expect to have a charity shop or food bank collection ready for delivery after Christmas! I always think this is kind of nice anyway, as the bleakness of January is a great time of the year to support your local community and give back.

CLEA GRADY
Clea is a writer, marketer and activist who has been vegan since 2014, and vegetarian since she was 12. She is passionate about inspiring others to go vegan, and believes that good food, empathy and kindness are the best forms of activism.

"I don't want to be in the same room as dead animals"

There's another C Word that we need to talk about – compromise. A conflict-free Christmas cannot be achieved without it, and that means both sides of the fence need to come to the party. The real spirit of Christmas is about coming together with family and friends and sharing time and celebrations despite our differences. In all likelihood, you'll have family members who vote differently to you, go on holiday to different places to you and, ultimately, live very different lives to you. But for the sake of a few days, we need to be able to put those differences aside and enjoy each other's company. And that has to go for the vegans as well.

I am very committed to showing non-vegans that being vegan is easy, possible and, perhaps most importantly, fun. I don't want to look limited or restricted by my veganism and will go out of my way to prove that to anyone who may be judging me from near or far. For me, that means happily eating alongside non-vegans and being cooler than cool with it. I also believe that food is a great unifier and connector – how on earth am I going to show the non-believers how delicious being a herbivore is if I don't sit next to them? My aim at all mixed dinner parties is to have the best looking plate of food in the place. I want non-vegans actively drooling at my spectacular and huge plate of food, and Christmas gives me the best possible excuse to show off!

That doesn't mean that it's always easy. The smell of cooking fat clings to my hair and the sheer greasy gluttony of Christmas can make me massively uncomfortable, but I've found that the fear of a non-vegan Christmas is usually worse than the reality. I also like to offset the traditional family feast by hosting an exclusively vegan shindig close to the big day. There's something cathartic about a room full of plant-based peeps sharing food and stories without apology. So gather together your alternative flock and be sure to celebrate in your own way as well. If you host a party before Christmas Day, you can test out your dishes out on a forgiving crowd and swap tips on how to handle the most belligerent of tipsy carnivores.

"I don't know what to buy them"

Following your own advice and buying vouchers is a good option, and you can extend it to things you know people like. I love getting vouchers for local restaurants or bars, as they brighten up the days after Christmas when money's tight. Everyone I know seems keen for experiences rather than things post-Covid, so buying tickets to a show or a concert is a perfect catch-all gift and likely to make someone feel special. Depending on who you're buying for, present giving can be an opportunity to open hearts and minds as well. I've bought vegan-friendly gifts for family and friends if I know they'll appreciate it. A favourite cookbook, posh vegan cheese or chocolate, or adopting an animal at a sanctuary are all past gifts of mine to loved ones. Plus, it gives them future gift ideas to boot! In fact, my sister-in-law sponsors a retired racing greyhound for me every Christmas, and it's one of the most touching presents to receive as it says she understands what really matters to me.

Clea's gravy recipe

Good gravy is a must. It ties everything together and is essential for mashing roasties into! This is my 'go-to' recipe.

1 onion
2-3 garlic cloves
1 tsp Dijon mustard
1 tsp tomato purée (paste)
a handful of Kalamata olives or sun-dried tomatoes (or both)
a dash of soy sauce
smoked paprika
hot water
bouillon
bay leaf
cornstarch or flour

OPTIONAL EXTRAS

celery, cherry tomatoes, green olives, tapenade, mushrooms, leeks or Marmite

1. Chop an onion and two or three garlic cloves and chuck into a pan with a splash of olive oil and a large bay leaf or a good sprinkling of thyme.
2. Once softened, add a generous teaspoon of mustard, and about the same of tomato purée.
3. Chop up some Kalamata olives or sun-dried tomatoes (a good handful and you can do both if you want) into little pieces and add to the pot.
4. Add a dash of soy sauce, and a good shake of smoked paprika (optional).
5. Boil a kettle and add enough water to the pot to suit the number of guests.
6. Add as many teaspoons of bouillon to match the hot water. Stir all the time!
7. Let it simmer down until thick. I typically start my roast by boiling my potatoes for roasties and then start straight on my gravy, so it should have had enough time to thicken by the time it comes to serving. If you need to thicken it more, just add a little cornstarch or flour (only a little at a time).
8. Remove the bay leaf (if using) before serving.

TIP I have been known to add to this recipe by adding celery (after the onions and garlic), chopped cherry tomatoes, green olives, tapenade, extra onion, mushrooms, leeks, Marmite etc. Have fun with it! Anything that adds that umami flavour is always good. And if you want to easily increase the protein, then add some lentils to the gravy – puy or green work best – or even beans (I like black beans!). Make it in your own signature style.

Cutting out CRUELTY at Christmas

Lex Rigby, Viva!'s Head of Investigations, looks at terrific ways to not only enjoy a cruelty-free Christmas, but to make a positive difference to animals while you're at it

Whether you celebrate the holiday season or not, it can feel like a pretty gruelling time of year for many people. The overwhelming pressure of consumerism, the excessive indulgences we allow ourselves 'because it's Christmas' and the suffering, torture and death of millions of animals are indeed a recipe for disaster, but it doesn't have to be that way.

Choosing cruelty-free has never been easier and in our handy guide here, you'll find lots of useful information and handy links to help you navigate your way to a more sustainable vegan Christmas.

Lex Rigby
As Head of Investigations, Lex is responsible for coordinating, conducting and delivering key investigations to support Viva!'s campaigns, with the ultimate aim of growing veganism in the UK and increasing support for Viva!. viva.org.uk

1 HAVE A PLANT-BASED FEAST

For the vast majority of British households, turkey meat is still – rather bizarrely – the number one go-to for their Christmas dinner and last year, the UK slaughtered around 14 million of these beautiful birds for food. More than 90 per cent of them would have been intensively reared on barbaric factory farms too, which deny them their natural behaviours, causing extreme stress and unnecessary suffering.

In the last two years, Viva! has exposed abhorrent conditions on four turkey farms supplying major supermarkets and food retailers, which were all members of the Red Tractor food assurance scheme. Inside the sheds, birds were found with devastating injuries caused by feather-pecking, cannibalism and widespread neglect, as producers continue to prioritise profit over welfare.

Plant-based alternatives are – happily – becoming increasingly popular and the competition to tantalise our taste buds is fierce. If you can't cook, or won't cook, there are now heaps of store-bought options to try, but for those keen to get creative in the kitchen, Viva!'s Vegan Recipe Club can help you cook up a storm!

To find out more about the natural lives of turkeys and Viva!'s investigations into British turkey farming visit viva.org.uk/turkeys and for recommendations on mouthwatering products and recipes from the Vegan Recipe Club, go to viva.org.uk/vegan-xmas.

2

GIVE A GIFT FOR LIFE

Finding the perfect gift to give can be an agonising process and there's a lot of pressure to spend eye-watering amounts of money over the festive period. It's supposed to be 'the most wonderful time of the year', so the last thing anyone needs is a stressful shopping experience.

If you have a creative streak, you can combat big business with a bit of DIY. Upcycle a piece of furniture, have a dabble with candle-making or bake a delicious batch of chocolate chip cookies – it's the thought that counts and it's lovely to receive a home-made gift. Alternatively, the Viva! shop has a great range of ethical goodies that help fund campaigns to fight against animal exploitation and give the gift of life.

Get your orders placed on vivashop.org.uk before 17 December to guarantee delivery before Christmas.

FOR FOXES' SAKE:
KEEP THE BAN
PETA
SAY

3

SUPPORT ANIMALS IN SANCTUARIES

One of the most thoughtful gifts you can give a loved one is a farmed animal adoption pack – it's a win-win situation. While the adopter receives a personalised adoption pack and a warm fuzzy feeling, the adopted animal receives critical funds towards a year's worth of care. These incentives are a big income stream for sanctuaries like Dean Farm Trust, who provide vital life-long homes for ill-treated, neglected and unwanted animals.

Find Peppa, Adam, Timmy and more on the Viva! shop at vivashop.org.uk/adopt or visit deanfarmtrust.org.uk/sponsor to meet a selection of the sanctuary's residents.

4

ATTEND A BOXING DAY HUNT PROTEST

Despite the 2004 Hunting Act banning the hunting of wild mammals with dogs in England and Wales, cruel hunts still operate with impunity throughout the British countryside. Boxing Day is a big day on the hunting calendar with meets generating fanfare across town centres, as hunters parade around with their hounds and horses. The Yorkshire-based Middleton Hunt even goes as far as taking their hounds to visit local care homes before commencing a day of vicious, bloodthirsty fox-hunting.

In response, anti blood-sports protesters organise counter demonstrations and these are a great way to take a stand against the persecution of British wildlife. To find out more about a local demonstration, contact the Hunt Saboteurs Association at huntsabs.org.uk and the League Against Cruel Sports at league.org.uk or keep an eye on Facebook for event notifications.

5

ENCOURAGE YOUR FRIENDS AND FAMILY TO SIGN UP TO VEGANUARY

If you're keen to promote and educate others about your cruelty-free lifestyle, consider challenging your friends and family to sign up for Veganuary. In 2021, Veganuary inspired and supported more than half a million people to try vegan during the month of January and beyond, providing a 31-day meal plan and working with businesses to increase their range of plant-based products.

Going vegan is an incredibly positive New Year's resolution, with far-reaching impacts for animals, the planet and our health. For some, a one-month trial may sound daunting, but Viva! also has a seven-day meal program that includes a shopping list of items to help get you started. It's important to remember the plan only acts as a guide though and no-one is expected to create a cooked meal from scratch three times a day. Don't forget that beans on toast is just as vegan as *aloo sandheko* (Nepalese potato salad)!

There's lots of information available on veganuary.com and 7dayvegan.viva.org.uk as well as sample recipes and links to further support.

From everyone at Viva!, please do have a very merry vegan Christmas. ♥

Happy low impact Christmas

Charlotte Willis shows us how festivities can be done differently, with the planet in mind

As soon as the cobwebs of Halloween have been dusted away from our crudely-carved and now sagging pumpkins, it seems a thick, heady cloud of festivities settles itself over the UK, holding its powerful front until January 1st. Christmas for some is a holiday, for others, a time for family gatherings, but for most of us it's a time for large-scale consumption in all its forms.

THE CHRISTMAS WASTE BURDEN

For those of us lucky enough to be able to celebrate Christmas comfortably, our festivities are filled with plenty of food and seasonal treats, while our trees are decorated beautifully, their trunks surrounded by presents and gifts. Many of us go all-out at Christmas time, perhaps spending a little extra in December and pulling those purse-strings a little tighter in January. As a result, our level of consumption builds, and the amount of rubbish we create around the festive period sky-rockets to an all-time high.

Compared with the rest of the year, an additional 30 per cent of waste is produced and discarded throughout the festive season, with waste management companies suggesting that over 100 million bags of additional trash are sent to landfill every Christmas. Combined together, all of this waste equates to around 3 million tonnes.

SO WHAT'S THE SOLUTION?

There are many ways we can all play our part in tackling waste during the festive season. By implementing small changes to traditions, we can come together to help the nation have a lower impact Christmas overall. Will we be able to inspire a u-turn on Christmas waste overnight? Probably not! But don't lose hope. Instead, what's important to keep in mind is that your actions can have a real and profoundly positive impact on the planet, and might even encourage others to follow suit.

- **The impact of... food** Hands up who buys more food than they realistically need at Christmas time? The UK throws away a plateful of food per household on December 25th, and an additional plateful in the following days. If all of the UK's Christmas food waste was recycled into energy, it could power an average UK household for 57 years. Food packaging is also a major culprit, with 125,000 tonnes of plastic food wrapping and packing thrown away over Christmas.

Eliminating food-related waste over Christmas is something the majority of us are able to take ownership of, as we control what enters our homes. The first rule of sustainable food shopping is to get like Santa and make a list, check it twice, and stick to it! Don't be tempted by festive BOGOF deals or price reductions on additional treats. Plan out your festive meals and snacks, and try to buy only what you think you'll need. Next, grab reusable bags and source fresh produce from markets and your cupboard staples from zero-waste shops. Here you'll get seasonal eats and basic foods such as pastas, flours, and lentils without the additional excessive packaging. Leftovers after feasting? Don't let them go to waste. Utilise the freezer and store surplus cooked or prepared food ready for a rainy day. Finally, if you find yourself with surplus unopened food needing a good home, donate extra items to local food banks, such as those listed on trusselltrust.org, and at your nearest supermarket.

> *"The first rule of sustainable food shopping is to get like Santa and make a list, check it twice, and stick to it!"*

- **The impact of... gifts** Every Christmas, the nation's bank accounts take a substantial hit. The average UK adult spends £300 on gifts every festive season, with many of us buying gifts online, sent to us in excessive amounts of cardboard packaging and bubble wrap. We also gift electrical goods and toys, which often come packaged in non-recyclable materials such as polystyrene and plastic. And that's before we wrap our gifts in paper and bows, most of which contain plastic, laminates, or glitter, and end up in landfill.

Reducing the impact of gift giving requires a little extra mindfulness. Firstly, start by thinking about the gift you want to give. Could you buy it second-hand or is there an alternative way to buy the gift other than through a major store such as Amazon? For example, sourcing a book from a local shop, or buying a T-shirt from an app such as Vinted or eBay. Think about the longevity of the item too. Is the gift something the recipient can re-use, re-purpose, or even re-gift? If you're unsure what to buy, a gift voucher or batch of home-made bakes might just do the trick. Next, ditch plastic and wrap your gifts in 100 per cent recyclable/biodegradable paper or reusable gift bags, and decorate with string or twine and some natural materials such as cinnamon sticks, pine cones, and berries.

- **The impact of... decorations** 8 million Christmas trees are bought every year in the UK, each taking around 11 years to grow 6ft tall, leaving behind a sizeable carbon footprint if these trees end up in landfill. We also buy tinsel, lights, baubles, and other non-recyclable decorations every year, all requiring resources to make and some of which end up in the garbage.

Choosing to deck your halls sustainably is becoming easier every year. Rather than purchasing new decorations, why not DIY paper, glass or even up-cycled decorations for your home this Christmas? There are plenty of ideas to be found online (Pinterest is a great resource) and in crafting magazines. You might also be surprised by how wonderful and versatile wooden or even floral decorations look around your home. The debate continues as to which kind of tree (real or faux) is the best for the planet. A reusable faux tree might be best, but if you choose to buy a real tree, look up your council-led recycling schemes or tree-recycling services in the area to ensure it gets a new lease of life.

Above Try not to let any precious food go to waste this Christmas.

Left Ditch the fancy and unsustainable gift wrapping plastics.

Below Hand-made gifts mean more and are better for the planet.

CHARLOTTE WILLIS

Charlotte is an author, editor and content creator, whose interests and work promote sustainable living. Charlotte is a marketer for ethical brands, author of *Vegan: Do It! A young person's guide to living a vegan lifestyle*, and a regular contributor to sustainability and plant-based publications. Find Charlotte on Instagram: @charlottesophiewrites.

“Every badger or goat-hair brush represents a sensitive animal who endured a violent death”

Are your make-up brushes killing animals?

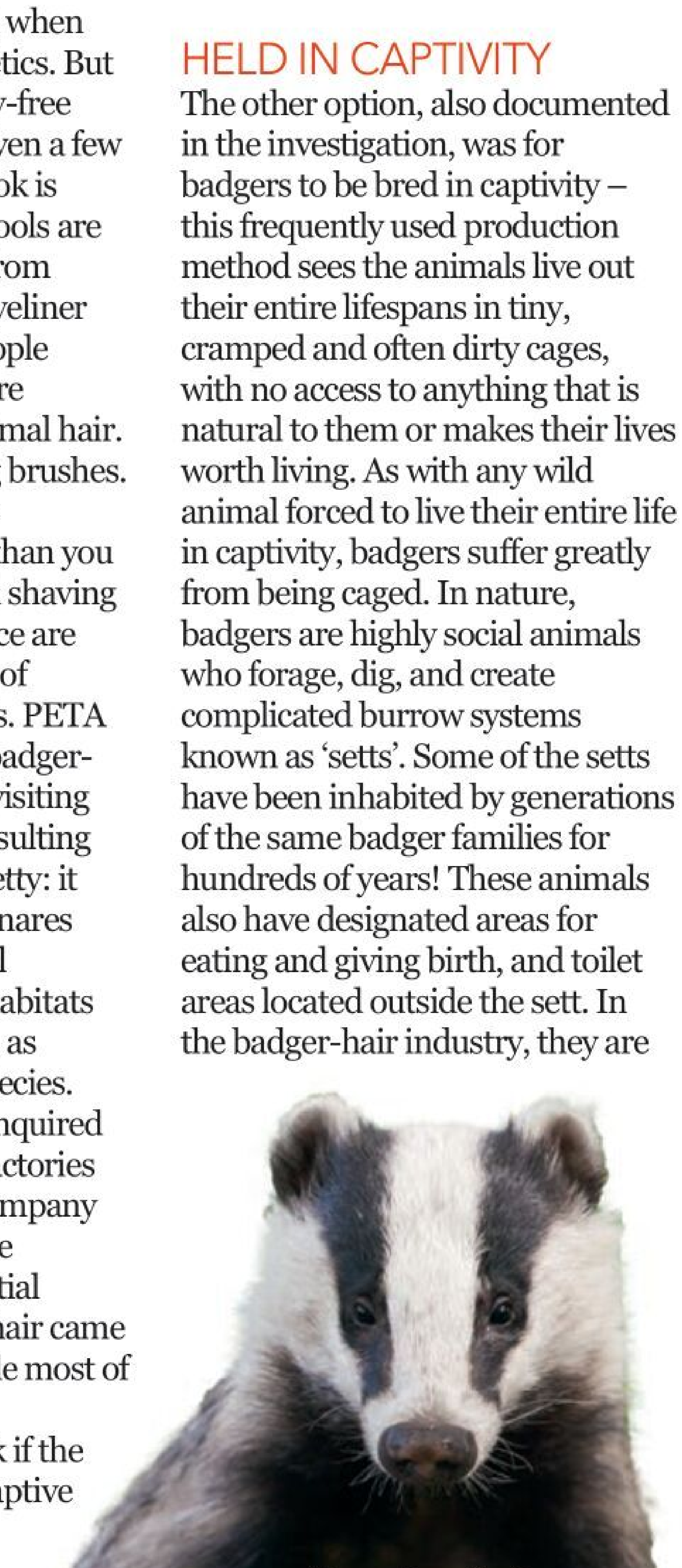
Sascha Camilli discovers why your favourite make-up tools might be hiding a deadly secret

If you wear make-up and care about animal rights and welfare, chances are that you are more than familiar with cruelty-free and vegan beauty products. You probably know the relevant certifications in this field and check for them on the packaging when you're shopping for cosmetics. But one area that many cruelty-free beauty proponents (and even a few vegans) commonly overlook is make-up brushes. These tools are used to apply everything from foundation and blush to eyeliner and shadow, and what people rarely realise is that they are commonly made from animal hair. The same goes for shaving brushes.

Sometimes brushes are synthetic, but more often than you imagine, the make-up and shaving brushes found in commerce are made either from the hair of badgers, goats, or squirrels. PETA Asia has investigated the badger-hair industry in China by visiting multiple farms, and the resulting footage is anything but pretty: it shows badgers caught in snares and other stressful, painful methods in their natural habitats – sometimes this is illegal, as badgers are a protected species. PETA Asia's investigator inquired about the ways in which factories obtain badger hair, and company representatives advised the investigator to lie to potential buyers by saying that the hair came from captive badgers, while most of it was caught in the wild. “Sometimes foreigners ask if the hair comes from wild or captive animals – they have animal protection organisations there, don't they?” the company representative said. “You can just tell them most are from captive badgers, but actually most come from the wild.”

HELD IN CAPTIVITY

The other option, also documented in the investigation, was for badgers to be bred in captivity – this frequently used production method sees the animals live out their entire lifespans in tiny, cramped and often dirty cages, with no access to anything that is natural to them or makes their lives worth living. As with any wild animal forced to live their entire life in captivity, badgers suffer greatly from being caged. In nature, badgers are highly social animals who forage, dig, and create complicated burrow systems known as ‘setts’. Some of the setts have been inhabited by generations of the same badger families for hundreds of years! These animals also have designated areas for eating and giving birth, and toilet areas located outside the sett. In the badger-hair industry, they are denied every opportunity to do any of that. The extreme captivity drives these animals insane, causing them to pace back and forth or spin around in circles inside their cages – not an uncommon behaviour for captive wild animals. To obtain the hair for the brushes, workers kill the animals by hitting them in the head and then slit their throats.



Above Keep the fur where it belongs – on the badgers.

“Every badger or goat-hair brush represents a sensitive animal who endured a violent death,” PETA Director of Corporate Projects Yvonne Taylor has said. “PETA is calling on retailers everywhere to embrace animal-free brushes that no one had to suffer and die for.”

What makes badger hair brushes more worrying is the public-health risk from wild animals kept captive in cramped environments. Covid-19 originated in a market where wild animals, dead and alive, were kept in close proximity, allowing for easy contamination and spread. Outbreaks of the virus on fur farms around the world have called the fur trade even further into question than it already was, and the captivity of badgers is very similar to those circumstances. The conditions in which animals are kept makes it easy for blood and other bodily fluids to mix, leading to an increased risk of pathogens flourishing. Experts agree that keeping wild animals in captivity is a ticking bomb that can lead to more deadly viruses exploding around the world.

Luckily, in today's market, avoiding animal-hair brushes should be simple. As the term ‘vegan’ expands beyond food and becomes a common fixture in beauty, more brands are labelling products as vegan – and it's the label to look for: in the case of brushes, ‘cruelty-free’ may be misleading. When used in a context of animal testing, ‘cruelty-free’ is a term to ensure that no such testing has taken place, but in the case of animal ingredients, some companies like to claim that theirs were produced without cruelty, which most vegans know is not possible. As shown by the investigative footage, whenever animals are used for mass production, they inevitably suffer. So those brushes (and any other products) are never truly cruelty-free unless the company can guarantee that they are vegan and free from any animal-derived ingredients. Increasingly, retailers can offer that guarantee: after pressure from PETA and their international affiliates, companies like NARS, Morphe, Cult Beauty, and even L’Oréal Group and Procter & Gamble, banned the use of badger hair. Companies offering shaving brushes, such as Executive Shaving, Wilkinson Sword, Floris London and Penhaligon's have all stopped sourcing badger hair in favour of vegan brushes.

SYNTHETIC OPTION

With animal-hair brushes off the table, is the only remaining option synthetics? At the moment, it seems so – but there is a lot we can do to minimise their negative environmental impact. Brands that specialise in eco-friendly, animal-free products offer vegan brushes – these brands include Nanshy, ELF, Flawless, 100% Pure and Ecotools. Many of them choose to use materials that are kinder to the planet, such as bamboo handles or recycled plastic and aluminium. It doesn't change the fact that the bristles themselves are usually synthetic, so we should aim to prolong the lifespan of these tools for as long as we can. The good news is that with the right care and proper storage, make-up brushes can last for years – so make your brushes a long-term commitment, not a throwaway product.

HOW TO CREATE NATURAL SKINCARE AT HOME

Michelle Sanchez, CNM trained naturopath, nutritionist and medical herbalist, reveals the secrets to making your own skincare products to look after yourself and the planet

CNM NATURAL CHEF

CNM Natural Chef teaches the importance of a naturopathic diet that encourages the use of whole, organic and seasonal plant-based foods prepared and eaten in a way to ensure maximum nutrient absorption and healthy, sustainable weight loss. CNM's Natural Chef training has been developed to meet the growing demands of a society increasingly interested in food that supports and promotes health. The course covers everything you need to know to become a successful CNM Natural Chef, from how the digestive system works, to building a culinary career! Visit www.naturalchef.com or call 01342 360 985.

If you're sick of spending hundreds of pounds on skincare products that don't agree with your skin, then why not try making your own? Creating your own natural skincare at home is a cost-effective and fun way to tailor your skincare routine to suit your skin's needs, giving you total control over the ingredients you use. If you suffer with sensitive or problematic skin, you can avoid irritating and potentially harmful ingredients that may react with your skin.

Most skincare products available in the shops contain toxic ingredients and fragrances, including the brands marketed as "organic" and "natural" or claiming to contain "naturally-derived ingredients". The cosmetic industry is not officially regulated, so companies can create their own definition of what a natural product is and this can vary vastly from brand to brand.

Manufacturers use the term "natural" as a marketing tactic to get shoppers to buy their products. They aren't obliged to disclose all the ingredients on the product label, enabling them to hide hundreds of toxic ingredients by calling them natural fragrances or aroma. This is why making your own natural skincare products has never been more important. You can source the best natural ingredients for your skin type and never have to use chemical-laden products again.

KNOW YOUR SKIN TYPE

Daily skincare routines are an important personal ritual that vary from person to person. Understanding your skin type is vital when thinking about skincare, as it can prevent breakouts, premature ageing and irritation of sensitive skin. Knowing how to look after your skin the right way promotes healthy, radiant-looking skin. The five common skin types are:

- **Normal** – well-balanced skin that is neither too oily nor too dry.
- **Dry** – rough, scaly and often itchy skin. Dry skin tends to lack sebum (an oily, waxy substance produced by the sebaceous glands to coat and moisturise skin), which can make skin more sensitive and prone to wrinkles.
- **Oily** – greasy-looking/shiny skin that is prone to breakouts. Oily skin occurs when there is an over production of sebum, which can clog pores and cause pimples to form.
- **Combination** – two different skin types on the same face. With combination skin, there may be oily and dry areas; for example, an oily forehead, nose and chin, but the cheeks are dry.
- **Sensitive** – gets easily irritated, reddened and itchy. Sensitive skin tends to be thin skin that lacks sebum and becomes inflamed when aggravated. The skin barrier is often compromised, making it susceptible to irritation.

INGREDIENTS TO CONSIDER USING IN YOUR SKINCARE

There are lots of wonderful natural ingredients you can use when making your own skincare products. Here are a few to get you started:

- **Raw apple cider vinegar** is anti-inflammatory and contains anti-bacterial properties so it's perfect for cleansers and toners as it exfoliates the skin, absorbs excess oils and reduces blocked pores.

MAKING YOUR OWN SKINCARE: TIPS FOR GETTING STARTED

- Always work with clean hands and ensure equipment is clean to avoid cross contamination. Keep your working environment as sterile as possible, including tea towels that you may be drying items with.
- Store your ingredients and products in a cool dark place in order to avoid exposure to light and heat, which may cause formulas to melt and ingredients to separate.
- Always do a patch test after making a batch to ensure irritation doesn't occur.
- Special care should be taken when creating products for pregnant women or children, and without expert knowledge, essential oils should be avoided.
- Label and date products so you can easily identify what each product is and keep track of expiry dates.
- If using a bain-marie, be mindful of hot liquid and ideally wear gloves and eye protection to prevent burning.

Recommended equipment

- Electronic scales
- Product labels
- Glass measuring cups and beakers
- A saucepan (for a bain-marie) and a heat-resistant mixing bowl
- Thermostat
- Measuring jug
- Kitchen towels
- A whisk
- Teaspoons and tablespoons
- Clean jars and spritz bottles
- Pestle and mortar
- Coffee grinder
- A notebook

- **Aloe vera** is a natural moisturiser that is rich in vitamins and minerals. Aloe exerts anti-inflammatory and soothing effects, so it's great for sunburn and healing irritated skin.
- **Candelilla wax** helps to solidify oils and softens, soothes and protects the skin. It's great for lip balms, lotions and body butters.
- **Calendula** is a calming and healing herb that is fantastic for soothing cracked and damaged skin. It can be added to creams, lotions and cleansers.
- **Clay** is not only rich in minerals; it stimulates micro-circulation and helps to remove dead skin cells. Clay can also absorb toxins, dirt and excess oil from the skin.
- **Castor oil** is a protective oil that can slowly penetrate into the skin. It has excellent cleansing properties and it also adds gloss to lip balms.
- **Jojoba oil** is like a liquid wax that is very compatible with skin's natural sebum. It's an incredibly nourishing oil that is suitable for all skin types.
- **Green tea** is anti-inflammatory and rich in polyphenol antioxidants. The caffeine in green tea stimulates and detoxifies the skin.
- **Lavender** is an extremely versatile essential oil that has anti-bacterial, anti-inflammatory and healing properties. It makes a great addition to skincare products.
- **Rosehip seed oil** is an oil that is rich in omega-3 and antioxidants, making it perfect for softening fine lines and fading scar tissue.

The great thing about making your own skincare is you can customise recipes to suit different skin types and address skin issues. If you would like to learn more about making natural skincare, then find out more about CNM's Create Your Own Natural Skincare course by visiting naturopathy-uk.com/product/create-your-own-natural-skincare. ♡

> "Lavender is an extremely versatile essential oil that has anti-bacterial, anti-inflammatory and healing properties."

EASY RECIPE TO TRY AT HOME

Lavender & Oat Face Scrub

2 tbsp oats/ground oats
1 tsp almond oil
1 tsp dried lavender flowers, ground
1 tsp poppy seeds
1 green tea or nettle tea bag, opened (optional)

1. Rub the oats with your fingers to break down into finer pieces.
2. Add the lavender, contents of the selected teabag, poppy seeds and almond oil.
3. Ensure the mixture is immersed in the oil.
4. Store in an airtight jar. It can be mixed with a bit of water when using.

Vegan beauty box

Try our pick of ethical vegan products to help you look and feel gorgeous

Pure Joy Skincare Intense Moisturising Hand Cream

Moisturise your hands and nails with this intense, organic, easily absorbed hand cream. Ideal for dry hands, giving hydration for 24 hours. Palm oil-free.
£14, purejoyskincare.co.uk

Akamuti Fragrant Tranquility Bath Salts 500g

A fragrant blend of pure sea salts and aromatic essential oils, which leave skin feeling silky smooth. Handcrafted with ylang ylang, lavender and sweet orange.
£8, akamuti.co.uk

Blue Labelle Double Cleanse Gift Set

If you're looking for a unique skincare gift, check out Blue Labelle's Double Cleanse Gift Set. Products are registered by The Vegan Society.
£22.95, bluelabelle.co.uk

Circla Evolve Daily Renew Facial Cream

This moisturiser restores normal to dry skin with organic oils. Once empty, Circla picks up and refills your empties. Deliveries are to West London and South West London. **£29, circla.co.uk**

Flaya Freedom Eau de Parfum For Men

Flaya's first fragrance for men. A mix of cool, minty fresh notes interwoven with subtle hints of incense. Certified organic, vegan and cruelty-free.
£29.99 for 50ml, flaya.co.uk

Friendly Soap Selection

This gift soap selection brings together four Friendly favourites in one (recycled cardboard) place. Every plant-based bar is handmade in Yorkshire with natural ingredients and no preservatives.
£8.45, friendlysoap.co.uk

GachalaSkincare Maca Exfloliant Enzyme Powder

The finest, smoothest, best-known enzyme powder exfoliant for sensitive skin. It naturally breaks down dead skin cells, impurities, and toxins gently.
£35, gachalaskincare.com

The Good Zest Company Organic Lemon Gift Box

Not only good for you – made with organic ingredients – but good for the planet too. Get 10% off all Citrus-themed gift boxes using code Zesty10.
£29.95, thegoodzestcompany.co.uk

Nourish London The Gift of Radiance

This heavenly radiance-boosting gift set has everything you need to create the perfect home facial and achieve beautiful glowing skin.
£65, nourishskinrange.com

Prism Polish UK Prism-versary Trio 4.0, set of 3

The perfect vegan-friendly beauty gift. You can include a gift message and send direct to a gift recipient or send gift vouchers and e-vouchers.
£25, prismpolish.co.uk

Vaia Beauty Long Lasting Matte Liquid Lipstick

Vaia's Matte and Glossy moisturizing liquid lipsticks feel like a light breeze on your lips. **Matte LiQuid Lipsticks – €22, Glow LiQuid Lipsticks – €22, Glossy Liquid Lipsticks – €19, vaia-beauty.com**

Watermans Grow Me® Shampoo

Formulated with natural ingredients, such as biotin, caffeine, argan oil, niacinamide and allantoin, to moisturise the scalp and strengthen the hair. Ideal for men and women with all hair types.
£13.95, watermanshair.com

Zuzka Natural Beauty Ocean Spa 5 Step Skin Care Kit

Follow the five step guide skincare plan, suitable for all skin types. The therapeutic, sea mineral products help refresh, detox and hydrate the skin.
£30, zuzkanaturalbeauty.co.uk

The vegan directory

Exciting new vegan products to try and love

Get in touch!

Reading this? So are others. Get your business noticed by advertising with us. *Vegan Food & Living* is always looking to introduce new brands to our wonderful audience of vegan readers and lifestyle enthusiasts.

Email **megan.gibbings@anthem.co.uk** or **ella.bywater@anthem.co.uk** for more information

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Snowdon Boot (Brown)
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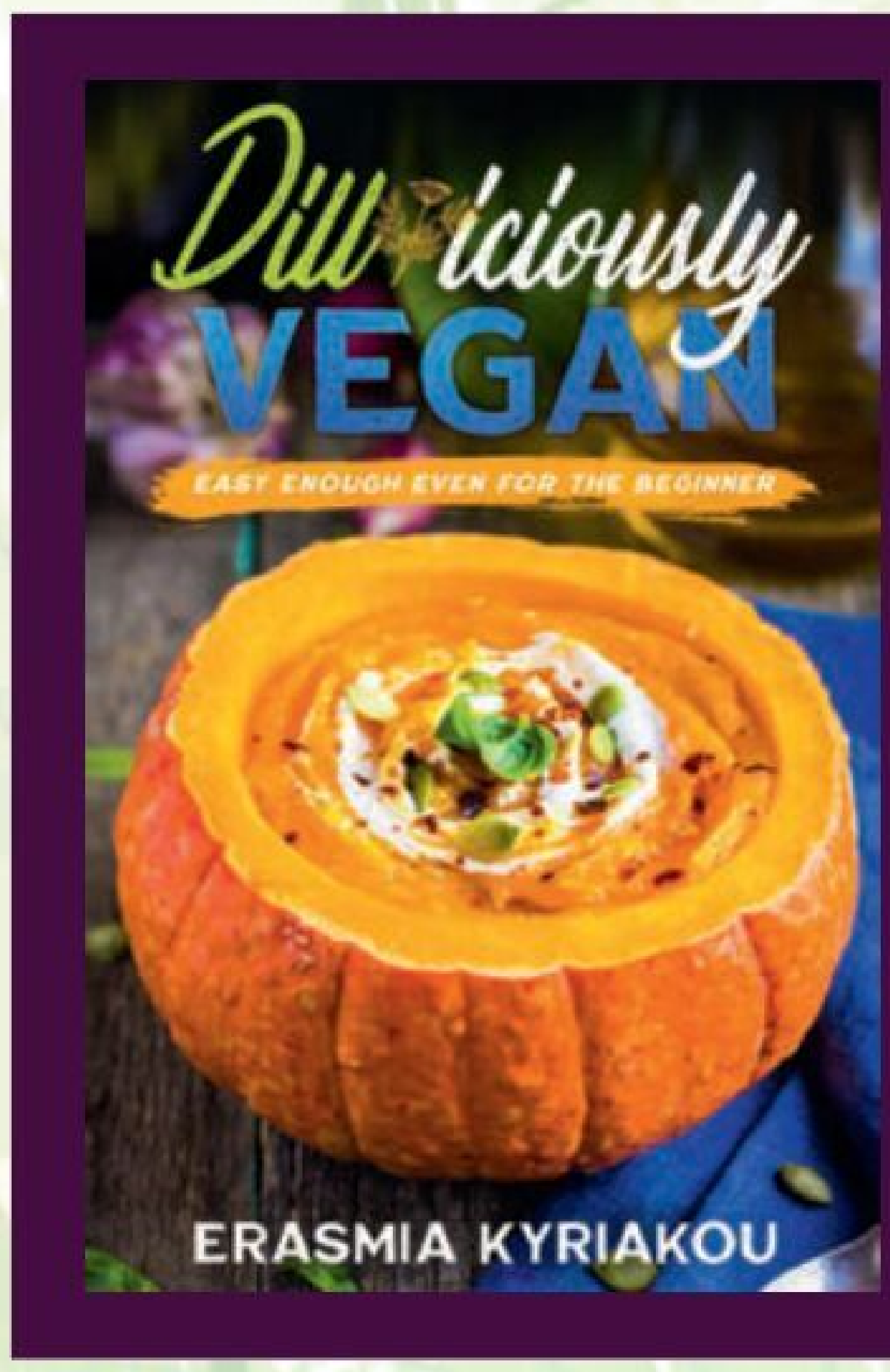


Dill iciously VEGAN
EASY ENOUGH EVEN FOR THE BEGINNER
ERASMIA KYRIAKOU

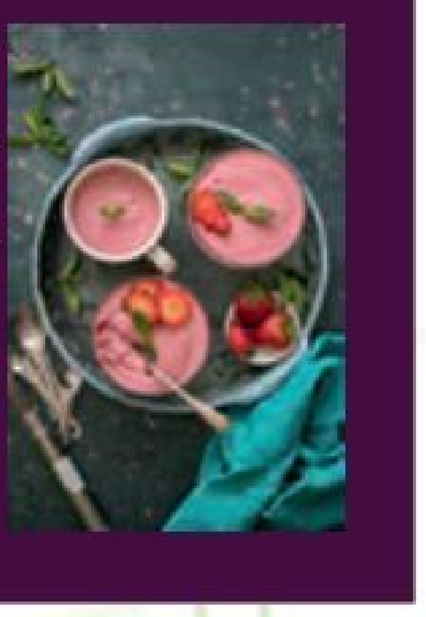
Easy Enough Even For The Beginner by Erasmia Kyriakou from the vegan cafe, Hungry Cat Cafe, is the new vegan cookbook filled with 60 mouth-watering recipes to suit every occasion.

The book is available now on Amazon or in the cafe.

See all the dishes on Instagram @dill_iciously_vegan

Easy Recipe from the book, Enjoy

Strawberry & Mint Mousse
Makes 2-4



Ingredients
110g Fresh strawberries, extra for garnish
4-6 leaves fresh mint, plus more for garnish
349g silken tofu
1/3 cup Caster sugar
Pink food colouring & Maple Syrup optional

Method Mix all the ingredients in a food processor or blender till well combined and smooth. Pour into ramekins and let them set overnight in the fridge. Pour maple syrup over the mousse before serving and garnish.

MISTER FREE'd

GLUTEN-FREE VEGAN TORTILLA CHIPS MADE FROM NATURAL INGREDIENTS

CONVENIENT AND DELICIOUS – NO COMPROMISES

MISTER FREE'd TORTILLA CHIPS CHIA SEED
MISTER FREE'd TORTILLA CHIPS CHEEZIE
MISTER FREE'd TORTILLA CHIPS KALE SPINACH
MISTER FREE'd TORTILLA CHIPS BLUE MAIZE
MISTER FREE'd TORTILLA CHIPS AVOCADO
MISTER FREE'd TORTILLA CHIPS BEETROOT WITH ONION

GLUTEN-FREE VEGAN SOURCE OF FIBRE

JASMIJN'S FOOD FOR THOUGHT

FEASTS OF BURDEN

Jasmijn de Boo, Vice President of ProVeg International, delves into the history of the festive season, which highlights how much has been achieved and how much more there is still to do

"Christmas is coming and the goose is getting fat." It's a line I grew up hearing as a child every festive season, and, while at the time I didn't understand what the implications of the song were for the poor, gradually expanding goose, as an adult, it's a somewhat more chilling song – although at least it's not being overstuffed a la foie gras.

As an adult, I would also struggle to share a table with a cooked goose, which thankfully is generally not a core element of a UK Christmas any more, even as it remains standard yuletide fare in Northern Europe. Not that a stuffed turkey is any better – their raising and slaughtering is no more humane than it is for geese – although it's remarkable how familiarity can turn down the repulsion/disgust factor that so many plant-based eaters come to experience when they encounter meat. (In much the same way, I imagine that, in the West, many contemporary vegans might find dog meat more disgusting a concept than beef, even as there is an intellectual understanding of their equivalence.) Like many people reading this column, I won't have to share my Christmas table with any geese, turkey, ham or gammon, but I'm aware that for many committed plant-based eaters, this won't be the case and that it won't necessarily be easy.

AROUND THE FESTIVE TABLE

While the festive season has become rampantly commercialised over the last several decades, for many Europeans, especially those of an older generation, it is also linked to a long tradition that has extremely strong cultural links. It's a difficult thing to abandon – or to try to deconstruct – those traditions. And while it's worth thinking about it from the safety of this column, having an in-depth discussion of the cruelty of animal agriculture isn't going to make anybody's Christmas any better or more enjoyable. (Although taking some delicious vegan meal items will definitely show people that tasty food doesn't have to include animal-based products.) Instead, perhaps think about why we have such feasts.

Intrinsically linked to the planet's annual cycles and the broader cycles of famine and plenty, Christmas and other such festive occasions are invariably centred around the notion of a feast. And feasts are occasions for bringing out the 'best food', which, not coincidentally, is usually the food that takes the most time or physical resources to produce. Before the mass availability of easily affordable food – and meat products in particular – people's diets were far more limited, particularly in terms of animal protein. For most of human history, most human diets have been predominantly plant-based, sometimes out of principle (particularly in Asian societies), but mostly for pragmatic reasons – before the advent of factory farming, meat was far rarer and eaten far less often than it is now. And so Christmas – and other annual feasts – often involved the sacrifice and eating of animals, animals that had perhaps been fattening up for the preceding year.

> "HUMANS HAVE BEEN CELEBRATING FEASTS WITH MEAT FOR MILLENNIA"

TALKING TURKEY

Of course, that's a far cry from the reality of today, in which the turkey industrial complex is just another element in a massive, globe-spanning industry that is destroying the natural infrastructure that sustains life on earth, while causing immense cruelty to animals and being detrimental to human health. But, while all of this is completely true, I have found that empathising with my non-vegan loved ones is easier when I remember exactly how all of this started. And if it seems as bizarre and surreal to you as it does to me to celebrate life by eating dead animals, just think about the fact that humans have been celebrating these feasts with meat for millennia. And while that is clearly beginning to change – we are beginning to wake up – it's never easy to abandon old habits, especially habits that are so old and so intimately related to culture and legacy.

So, for once, I'm not using this column to wave the vegan flag of awareness, but rather to highlight the benefits of choosing the right moments to discuss a shift towards more plant-based eating. And I'd like to suggest that if you find yourself at a family Christmas table that's laden with animal-based products, it might not be the best time to move the vegan agenda forward, particularly since Christmas is often already a rather fraught time for many families.

So have yourself a very merry Christmas – even if that means swallowing your anger or resentment or disgust or being witness to a form of cruelty that you can barely abide. You have the rest of the year to change people's minds. And here's a pragmatic suggestion: the days between Christmas and New Year are actually a perfect time for that, as people begin to prepare for the fresh start and clean slate promised by the new year. And so, bring on Veganuary! ♥

JASMIJN DE BOO
Jasmijn de Boo, MSc, DipEd, MRSB has worked internationally in the field of animal protection, education and veganism since 1999. She founded and led the UK political party 'Animals Count' from 2006 to 2010 (rebranded 'Animal Welfare Party', led by Vanessa Hudson). Jasmijn was the CEO of The Vegan Society from 2011 to 2016; and CEO of Save Animals from Exploitation (SAFE) in NZ for one and a half years. Jasmijn joined ProVeg International's Executive Team as International Director in April 2018 and became Vice President, ProVeg International in May 2020. She supports the ProVeg offices in South Africa, Spain, UK, Netherlands, Poland, Germany and the US, and the China programme, and she oversees the expansion to India, and Belgium, as well as the international Communications team and Grants programme.

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Clive's
CANTUCCI BISCOTTI Chocolate Orange
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DANDIES
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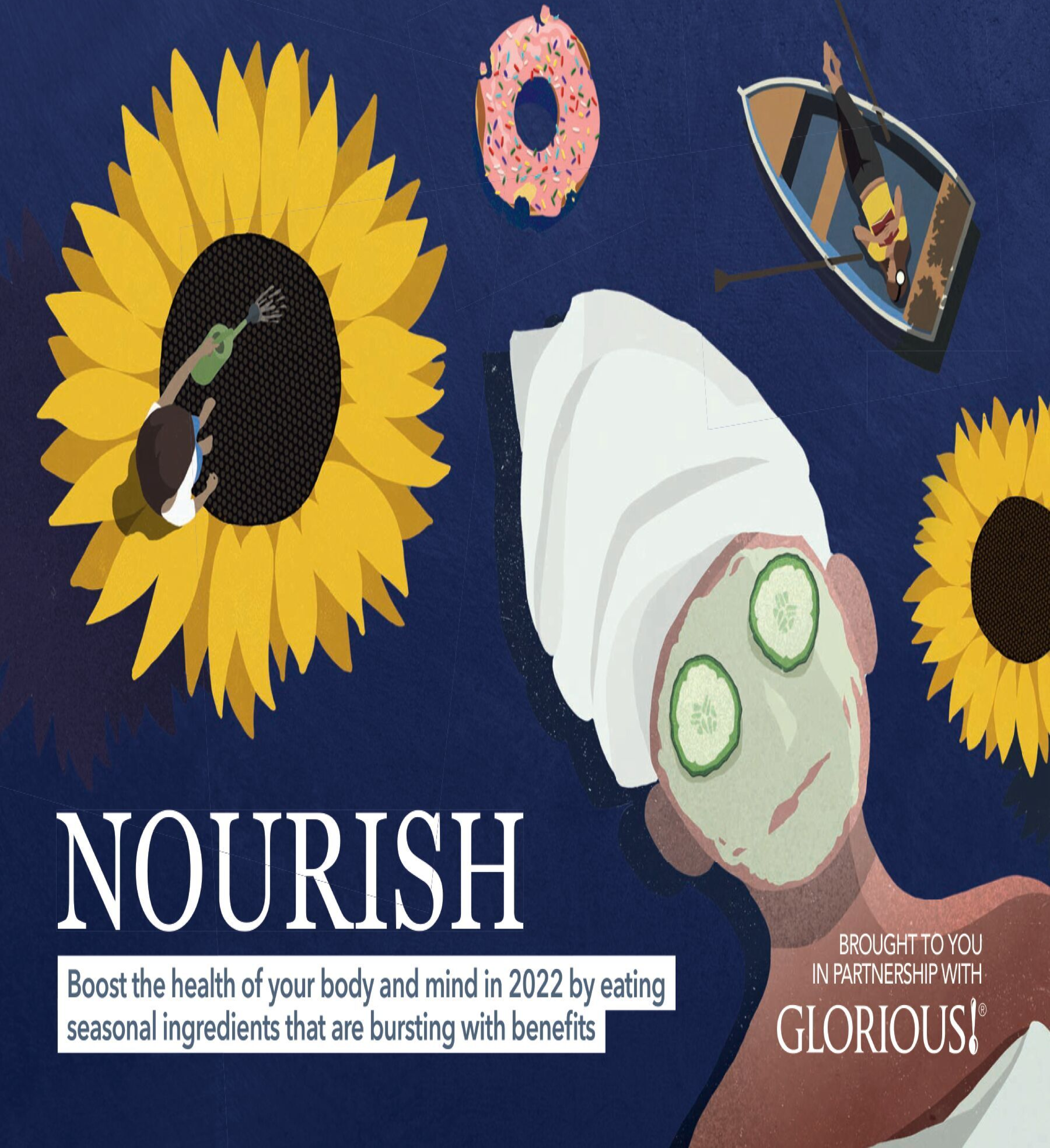
Vegan Food & LIVING

CALENDAR 2022



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JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

The UK's best-selling vegan magazine
WAGAMAMA
Recreate your favourite dishes at home, including vegan chilli squid!
Vegan Food & LIVING
Get set for Christmas
Make this Christmas one to remember with 'wow factor' mains, sides & desserts
75 PLANT-BASED RECIPES
Budget for Christmas in 10 easy steps
CLIMATE CHANGE SPECIAL
Sticky toffee Biscoff pudding - p25
MATURE VEGANS
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DIY presents
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Welcome

We all set out with great intentions at the start of the year to eat more healthily, but by spring our resolutions have often long been forgotten. So this year we're hoping to make it slightly easier for you to continue your resolve throughout 2022, with our exclusive Nourish calendar. Each month reveals how to tackle a different health-related issue by eating the fresh fruit and vegetables that are plentiful at that time of year, alongside a few staple ingredients that we can use to bolster our diet any time. Hopefully these helpful reminders every month will see you boosting your nutritional intake and eating better than you ever have in 2022.

The Vegan Food & Living Team

BROUGHT TO YOU IN
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January INCREASE YOUR ENERGY

With low temperatures and only around eight hours of daylight, January can make you feel like crawling into bed and hibernating. If you also indulge in comfort foods or enjoy a couple of glasses/pints every night to make the long evenings more enjoyable, your energy levels may be low. When you lack energy, you lack motivation to do things and end up even more lacklustre. Try these foods to boost your energy:

- **APPLES** - full of natural sugars, antioxidants and fibre, they give you healthy energy, as well as boosting your digestion and immune system. At this time of the year, apples sold in shops are still fresh from the autumn harvest and so full of nutrients!

- **DRIED FRUIT** - when we're tired, we crave sweets because we subconsciously know they can give us the extra energy. Reach for unsweetened dried fruit instead, you'll get healthy energy together with some vitamins and minerals - dried apricots, figs and prunes are the best choices.

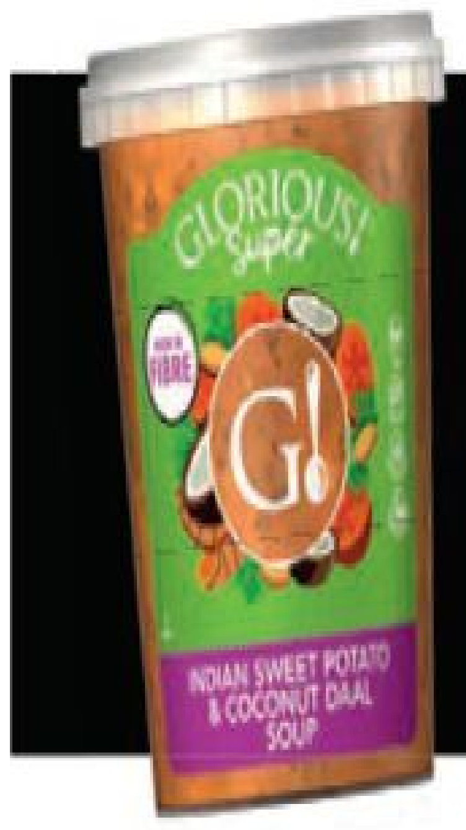
- **BRUSSELS SPROUTS AND KALE** - these two green wonders are packed with important nutrients, such as iron, calcium, magnesium, vitamins C, K, folate and beta-carotene. They are also full of antioxidants and help to defend your body. They simply contain a lot of what you need to be at your best.

- **CARROTS** - healthy munch food! Carrots give you good carbs for lasting energy release and boost your intake of beta-carotene, which is needed for healthy skin, vision and immune system.

- **WHOLEGRAINS** - wholemeal bread, brown rice, whole wheat pasta, oats or quinoa - they are the best sources of good carbs, gradually releasing their energy to give you a steady supply. And that, in turn, will make you feel good!

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TO-DO					1 New Year's Day	2
3 New Year's Day Bank Holiday	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Burns Night	26	27	28	29	30
31						



GLORIOUS!® **Super Indian Sweet Potato & Coconut Daal Soup**

This **Indian Sweet Potato & Coconut Daal** is perfect for any occasion, with spiced sweet potato, yellow split peas, coconut and mung beans, with the added benefit of being high in fibre. Reminiscent of Indian curries, this spiced sweet potato daal packs in the flavour, combining coconut, ginger, chilli and Indian spices. Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

February IMPROVE YOUR MOOD

It's natural to feel a little low in the middle of winter. Luckily, there are some simple tricks to help lift your mood from the inside. You can increase your levels of serotonin - the 'happy hormone' - by eating foods that contain the amino acid tryptophan, which your body converts to serotonin. Plant foods are better sources than animal ones because they also have a whole bunch of nutrients that your body needs for the conversion.

- **BROCCOLI** - a great source of not just tryptophan, but also important vitamins, minerals, fibre and antioxidants. Broccoli does both your body and mind a lot of good!

- **DARK CHOCOLATE** - it's not only a source of tryptophan, it also triggers the release of several feel-good hormones in your brain. On top of that, it contains a substance called anandamide - named after the Sanskrit term for bliss, Ananda - that produces blissful feelings. The more cocoa content, the better!

- **MUSHROOMS** - they supply plenty of tryptophan and also some amazing antioxidants, fibre and B vitamins, important for you to feel good.

- **NUTS AND SEEDS** - another excellent tryptophan booster and also a source of good fats and protein. Sometimes we crave fatty comfort foods when feeling low and nuts are a much healthier option - they'll satisfy the craving and give your mood a lift!

- **BANANAS** - there aren't many seasonal fruits in winter so many of us go for exotic fruits every now and then. Bananas are an excellent choice because their tryptophan, together with vitamin B6, helps you feel better.

- **VITAMIN D** - it's no secret that a lack of vitamin D can have an impact on our mental health, including feeling sad and low in energy. Get a vegan supplement providing 10 micrograms a day!

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Valentine's Day	15	16	17	18	19	20
21	22	23	24	25	26	27
28	TO-DO					

GLORIOUS! SkinnyLicious
G!
SINGAPORE CRUSHED TOMATO SOUP

GLORIOUS! **SkinnyLicious, Singapore Crushed Tomato Soup**
Liven up your lunchtime with a taste of Singapore! Combining tomatoes, coconut and basmati rice with a chilli kick all for 118 calories per portion, what's not to love?! Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

March

HAVE A HAPPIER TUMMY

Troublesome tummy is no fun and can interfere with all our daily activities. Digestive issues, bloating, constipation or diarrhoea are not normal and you shouldn't put up with them for more than a day. Fine-tuning your digestive system is sometimes easier than you think. Supplying wholesome, nutritious foods and feeding the good gut bacteria is all you might need!

- **APPLES** – they contain pectin, a type of soluble fibre that helps with both constipation and diarrhoea. It also has anti-inflammatory effects, so helps the gut to calm down.

- **GINGER** – a well-known stomach aid, ginger helps if you're feeling queasy, but can also relieve heartburn symptoms.

- **OATS** – easy to digest and full of nutrients, oats are also a great source of fibre that helps to increase your stool bulk, keeping you more regular, and feeds the good gut bacteria.

- **PEPPERMINT** – it helps to relax the muscles around the digestive system and can help with stomach discomfort, bloating and it's even useful for IBS sufferers.

- **SAUERKRAUT OR KIMCHI** – these fermented vegetables do amazing things for your digestive system. They are not only the perfect foods to make the good bacteria in your gut thrive, they also bring their own good bacteria to the party!

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Shrove Tuesday and St David's Day	2 Ash Wednesday	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 St Patrick's Day	18	19	20
21	22	23	24	25	26	27 British Summer Time Begins – Mother's Day
28	29	30	31	TO-DO		

GLORIOUS! Super Red Thai Vegetable Soup

Providing everyday health to the nation through fresh Super Soup pots! They all contain healthy benefits and are bursting with adventurous flavours! Super Red Thai Vegetable Soup is a mildly spiced vegetable, chickpea and brown rice soup with fragrant red Thai curry paste and a splash of coconut cream. Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

April GET A BETTER NIGHT'S SLEEP

What does food have to do with sleep? Of course, stress management techniques, creating a routine for winding down before bed and avoiding bright lights, including phone screens before sleep, are all important. However, the right kind of foods can help you fall asleep faster and sleep deeper and better! It's because they provide the key ingredients for the sleep hormone, melatonin, to be produced.

- **SPRING GREENS** - they supply a whole bunch of nutrients and among them vitamin B6, which is key for melatonin production. Other leafy greens are also good sources.

- **SESAME SEEDS** - these little seeds contain both ingredients vital for melatonin - vitamin B6 and tryptophan. You can add tahini (sesame seed paste) to almost anything and it'll also nicely increase your calcium intake!

- **BLACK RICE** - it contains ready-made melatonin, boosting your own production so eating it can help you snooze better.

- **CHERRIES** - it may be hard to come by fresh versions in April, but you may be able to find frozen cherries or cherry juice. Cherries are one of the richest natural sources of melatonin, which is why they are such a popular insomnia remedy.

- **SPINACH** - a good source of magnesium, which helps to promote relaxation and prepares your body for sleep. Low levels of magnesium can cause night-time leg cramps.

VeganFood
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TO-DO				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Good Friday	16	17 Easter Sunday
18 Easter Monday	19	20	21	22 Earth Day	23 St. George's Day	24
25	26	27	28	29	30	

GLORIOUS!® **SkinnyLicious Mediterranean Tomato & Red Pepper Soup**

Say yes to a fresh soup that is under 120 calories per portion! SkinnyLicious pots are a convenient healthy choice, low in fat yet packed full of adventurous flavour! This one features a sweet tomato and red pepper soup with roasted aubergine, grains and aromatic basil. Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

May BOOST YOUR HEART HEALTH

Your heart and blood vessels are working hard all the time and you can either support them by eating heart-healthy foods, or make their job harder by eating the wrong kinds of food. Being vegan means you've already cut out the main offenders - meat, eggs and dairy - but you can also help your heart by avoiding palm and coconut oil, hydrogenated fats, white flour products, sugar and processed junk foods. Boost your heart health with the following.

- **BEETROOT** - all veggies are good for the heart, but beets contain nitrates, which are natural chemicals that improve blood flow and also help to lower blood pressure.

- **PEAS** - a good low-fat source of protein, providing the vitamin K needed for healthy blood clotting and B vitamins and iron important for red blood cells. Peas are a source of healthy energy and may help lower your cholesterol levels.

- **PEPPERS** - the brighter the colour, the better! Red, orange and yellow peppers contain the most antioxidants that help to protect your blood vessel walls from damage. They are also excellent sources of vitamin C, helping you absorb iron from your diet.

- **ROCKET** - these little leaves are bursting with the nutrients crucial to a healthy heart and blood vessels. They supply plentiful iron, calcium, magnesium, folate, antioxidants and nitrates. As a result, rocket consumption can help lower your blood pressure and reduce cholesterol.

- **SPRING ONIONS** - being rich in natural compounds called flavonoids, spring onions can actually reduce your risk of heart disease and stroke. Their sulphur compounds also help to fight inflammation and prevent the formation of cholesterol plaques in your blood vessels.

- **STRAWBERRIES** - bursting with vitamin C, an important antioxidant, and other health-defenders such as polyphenols, strawberries help to protect your heart and blood vessels in many ways, including by lowering cholesterol and improving blood vessel health.

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TO-DO						1
2 Early May Bank Holiday	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

GLORIOUS!® **Super Reviving Carrot, Butternut & Ginger Soup**

From our taste adventures, we know that **eating healthy doesn't need to be boring.** Glorious' Super Soups all contain healthy benefits - here a wholesome blend of carrot and butternut squash meets a warming hint of chilli and ginger. Six of Glorious' soups are vegan - check them out at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

June CUT JUNK FOOD CRAVINGS

We crave junk foods for different reasons - we may be upset, stressed, hungover, or the cravings simply roll in with the weekend. The one thing junk foods have in common is that they tend to be high in sugar or salt, processed and contain hefty amounts of fat. That makes them incredibly moreish, but also not great for our health. Here are foods to help you curb those cravings!

- **BROCCOLI AND CAULIFLOWER** - these two can be very filling and tasty, go well with anything savoury, are very low in calories, but high in nutrients. Eating them will fill you up and cut those junk food cravings.

- **CUCUMBER** - the good old cucumber is full of water that provides much-needed hydration to your body. Sometimes cravings hit when we're not hungry, but thirsty. Cucumber can help re-establish balance to your body.

- **RASPBERRIES** - sweet, juicy raspberries are both healthy and indulgent. Pair them up with some dark chocolate and your cake craving may just disappear.

- **RUNNER BEANS** - roasted runner beans are surprisingly delicious and when you replace half of your chips with them, you'll have the best of both worlds - a savoury treat with less calories, more protein and a bunch of vitamins and minerals to boot!

- **SWEETHEART CABBAGE** - also called hispi or pointed cabbage. It's very tender and perfect for stir-fry dinners or coleslaw with most of the mayo replaced by plain plant yoghurt. Its fresh taste is very satisfying, nutrition qualities superb and all its fibre will fill you up in no time.

- **ROASTED BEANS OR CHICKPEAS** - these protein-rich treats are delicious and very filling. Because they contain a lot of protein, but also fibre, they take longer to digest so you won't want to snack endlessly.

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Spring Bank Holiday	3 Queen's Platinum Jubilee	4	5
6	7	8	9	10	11 Queen's Birthday	12
13	14	15	16	17	18	19 Father's Day
20	21	22	23	24	25	26
27	28	29	30	TO-DO		

GLORIOUS! SkinnyLicious Fragrant Thai Carrot Soup

No more boring carrot soup, try this Thai inspired carrot soup blended with creamy coconut, ginger and a hint of red chilli. **Say yes to a fresh soup that is under 120 calories per portion!** Glorious SkinnyLicious pots are a convenient healthy choice, low in fat yet packed full of adventurous flavour! Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

July MAKE YOUR SKIN GLOW

Your skin reflects what's going on inside your body - mentally and physically. Bad diet, stress, hormonal changes, medications and weather all play a role. Junk foods, sweets and alcohol can make your skin break out, while the foods below supply more of the materials your skin needs and so can bolster and nourish it from the inside. They are also anti-inflammatory, making breakouts less likely and less dramatic.

- **APRICOTS** - rich in beta-carotene that strengthens your skin's defences against sunlight damage.

- **BLACKCURRANTS** - chock-full of vitamin C, essential to make the protein collagen that keeps your skin firm and supple.

- **BLUEBERRIES** - with all their antioxidants and phenolic compounds, blueberries help to protect your skin against free radicals on the inside and also UV radiation from the sun outside.

- **SUNFLOWER SEEDS** - these tiny seeds are rich in vitamin E that's vital to glowing skin, and they also supply zinc that helps your skin to heal.

- **TOMATOES** - the signature tomato pigment - lycopene - is amazing for the skin, making it more resilient and less prone to sunburn.

- **WALNUTS** - great sources of essential omega-3 fats that are a vital part of cell membranes and vitamin E that protects them. Healthy skin needs both!

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TO-DO				1	2	3
4	5	6	7	8	9	10
11	12 Bank Holiday (NI only)	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

GLORIOUS!® Super Indian Sweet Potato & Coconut Daal Soup

This **Indian Sweet Potato & Coconut Daal** is perfect for any occasion, with spiced sweet potato, yellow split peas, coconut and mung beans, with the added benefit of being high in fibre. Reminiscent of Indian curries, this spiced sweet potato daal packs in the flavour, combining coconut, ginger, chilli and Indian spices. Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

August

FEED YOUR BRAIN

Your brain needs a lot of energy and nutrients to keep it sharp! Almost 60% of it is fat, so you need some good fats in the diet for your brain's maintenance. You also need some healthy carbohydrates because the brain burns up around 20% of your daily energy needs - without good carbs, the brain isn't as quick as it should be. Top it up with some quality protein and essential vitamins and your brain will be in top shape!

- **BLACKBERRIES AND RASPBERRIES** - their antioxidant abundance makes your brain better protected from free radicals and keep your brain cells healthy.

- **PEACHES AND NECTARINES** - provide your brain with vitamins C, E and K that are very much needed for brain maintenance, while also supplying some energy-giving natural sugars to fuel your brain cells.

- **CHIA SEEDS** - tiny seeds packing a lot of omega-3 fats that your brain needs so much. Try to make a habit of having a tablespoon a day - in your cereal, smoothie, porridge, salad or make a chia pudding.

- **WATERCRESS** - rich in vitamin K that's needed to manufacture sphingolipids, a type of fat key for brain cells. Other good sources include cabbage, broccoli and kale.

- **NUTS** - not only do they provide good fats and protein, most nuts also offer vitamin E, which is essential for brain cell repair, maintenance and protection.

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Summer Bank Holiday (Scotland)	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Summer Bank Holiday	30	31	TO-DO			

GLORIOUS!® **SkinnyLicious, Singapore Crushed Tomato Soup**

Liven up your lunchtime with a taste of Singapore! Combining tomatoes, coconut and basmati rice with a chilli kick all for 118 calories per portion, what's not to love?! Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

September

BATTLE BLOATING

We all know it too well - the feeling of fullness and tightness in the belly, which is sticking out a bit more than usual and it's all very uncomfortable. There's usually a build-up of gas, but we can't always just pass it and be done with it all. Eating large meals, unusual food combinations and hormonal changes can also play a role. However, the foods below can help.

- **PLANT YOGHURTS** - those with live bacteria can do wonders to reduce bloating. They introduce more good bacteria to your gut and if you eat fibre-rich foods, those bacteria will multiply and help to improve your digestion.

- **PINEAPPLE** - it contains the enzyme bromelain, which supports your digestion and helps to break down some nutrients, making it easier for your gut to do its job.

- **QUINOA** - if you feel bloated after eating bread or pasta, it might be worth trying quinoa, a gluten-free grain. Most people can digest gluten just fine, but you may have a sensitivity to it so gluten-free grains such as quinoa or oats may help.

- **FENNEL** - fresh fennel or fennel tea help relax the muscles in your gut and so provide relief from gas and bloating.

- **LEMONS** - lemon juice helps to support your digestive juices and move things along in the digestive tract.

- **BANANAS** - supplying a good dose of potassium, bananas help to re-establish fluid balance in your body, which may also help to relieve bloating.

VeganFood
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TO-DO			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	TO-DO	

GLORIOUS! Super Red Thai Vegetable Soup

Providing everyday health to the nation through fresh Super Soup pots! They all contain healthy benefits and are bursting with adventurous flavours! Super Red Thai Vegetable Soup is a mildly spiced vegetable, chickpea and brown rice soup with fragrant red Thai curry paste and a splash of coconut cream. Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

October

EASE ACHING JOINTS

Aching joints are usually inflamed for one reason or another. That means the key to easing the pain and helping your joints recover is to eat anti-inflammatory foods as much as possible, while avoiding pro-inflammatory foods, such as sweets, processed snacks, white flour products (white bread, pies, pastries) and, of course, animal-based foods. Adding a vegan joint supplement may be a good idea too - look for one with glucosamine, MSM and turmeric.

- **BERRIES** - virtually all berries are an antioxidant and phytochemical goldmine, helping you fight inflammation at full force.

- **KALE** - apart from being a great source of calcium, iron and vitamin C that are needed for joint repair, it contains compounds that block an enzyme which causes joint swelling.

- **RADISHES** - their potent anti-inflammatory compounds together with other antioxidants support your joint health and repair.

- **GARLIC, GINGER AND TURMERIC** - this trio is well-established as potent anti-inflammatories and that's also why many joint health supplements contain them.

- **FLAXSEED** - one of the richest sources of omega-3 fats, flaxseed may help with joint repair and are anti-inflammatory.

- **WHOLEMEAL BREAD** - swapping white bread for wholemeal can have a bigger effect than you may think. Wholegrain products are excellent sources of good carbs, fibre, protein, vitamins, minerals and antioxidants, making them not just nutritious, but also anti-inflammatory. White bread, on the other hand, fuels inflammation.

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TO-DO					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 British Summer Time Ends
31 Halloween						

GLORIOUS!® **SkinnyLicious Mediterranean Tomato & Red Pepper Soup**

Say yes to a fresh soup that is under 120 calories per portion! SkinnyLicious pots are a convenient healthy choice, low in fat yet packed full of adventurous flavour! This one features a sweet tomato and red pepper soup with roasted aubergine, grains and aromatic basil. Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

November

FIGHT OFF COLDS AND FLU

Let’s face it, our immune system can always do with a boost. One of the most powerful things you can do is nourish your body with foods that support it. It won’t make you virus-proof, but the stronger your immune system is, the better your chance of avoiding the infection or fighting it with only mild symptoms and recovering faster.

- **PUMPKIN SEEDS** - your body needs zinc to be fighting fit and at its best, and pumpkin seeds (pepitas) are one of the best sources!

- **SWISS CHARD** - these colourful leaves are a true nutritional powerhouse containing a range of many vitamins and minerals and a whole bunch of antioxidants, all working together to give your immune system a boost.

- **PEPPERS** - an excellent source of vitamin C, the key nutrient helping the immune system to prevent and fight infections.

- **GINGER** - if you already feel iffy, ginger can help tone down any inflammation in your body and also relieves sore throats and breathing problems. Make fresh ginger tea and sip it throughout the day.

- **SOYA, CHICKPEAS, BEANS AND LENTILS** - your immune system needs protein and pulses are the best choice. They go particularly well with garlic and other immunity-boosting foods, so make meals such as chickpea curry, lentil dhal, tomato and lentil soup, bean chilli, tofu stir-fry or falafel wraps your staples.

Vegan Food
& LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5 Guy Fawkes Night	6
7	8	9	10	11	12	13 Remembrance Sunday
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 St Andrew's Day	TO-DO			

GLORIOUS! Super Reviving Carrot, Butternut & Ginger Soup
From our taste adventures, we know that **eating healthy doesn't need to be boring**. Glorious' Super Soups all contain healthy benefits - here a wholesome blend of carrot and butternut squash meets a warming hint of chilli and ginger. Six of Glorious' soups are vegan - check them out at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

December LOWER YOUR BLOOD PRESSURE

High blood pressure is more common in meat-eaters than vegans, but it can happen to anyone. Diet plays a large part and just as it can make it worse, it can make it much better! Avoid animal products, excessive salt, alcohol, sugar, processed foods and saturated fats (palm and coconut oil) - and increase wholefoods in your diet. Top it up with the foods below and you should see results in a few weeks.

- **CELERY** - it contains phytochemicals called phthalides, which help to relax blood vessel walls that, in turn, lowers blood pressure.

- **COURGETTES** - their high water and potassium content helps to re-establish your fluid balance and manage high blood pressure.

- **GARLIC** - its many phytochemicals help to lower your blood pressure by relaxing blood vessel walls, fighting inflammation and reducing blood cholesterol and other fats.

- **PEARS** - with their vitamins, minerals and pectin, the fruit fibre, pears help to protect the lining of your blood vessels, lower cholesterol and feed the good gut bacteria producing heart-beneficial by-products.

- **PLUMS** - rich in antioxidants and potassium, they are excellent for your blood vessel walls, helping them relax while maintaining their lining health.

- **SPINACH** - an excellent source of nutrients that are important for healthy blood pressure - potassium, magnesium, folate and lutein. Lutein helps to prevent the thickening of artery walls, which is key in preventing high blood pressure.

Vegan Food
& LIVING

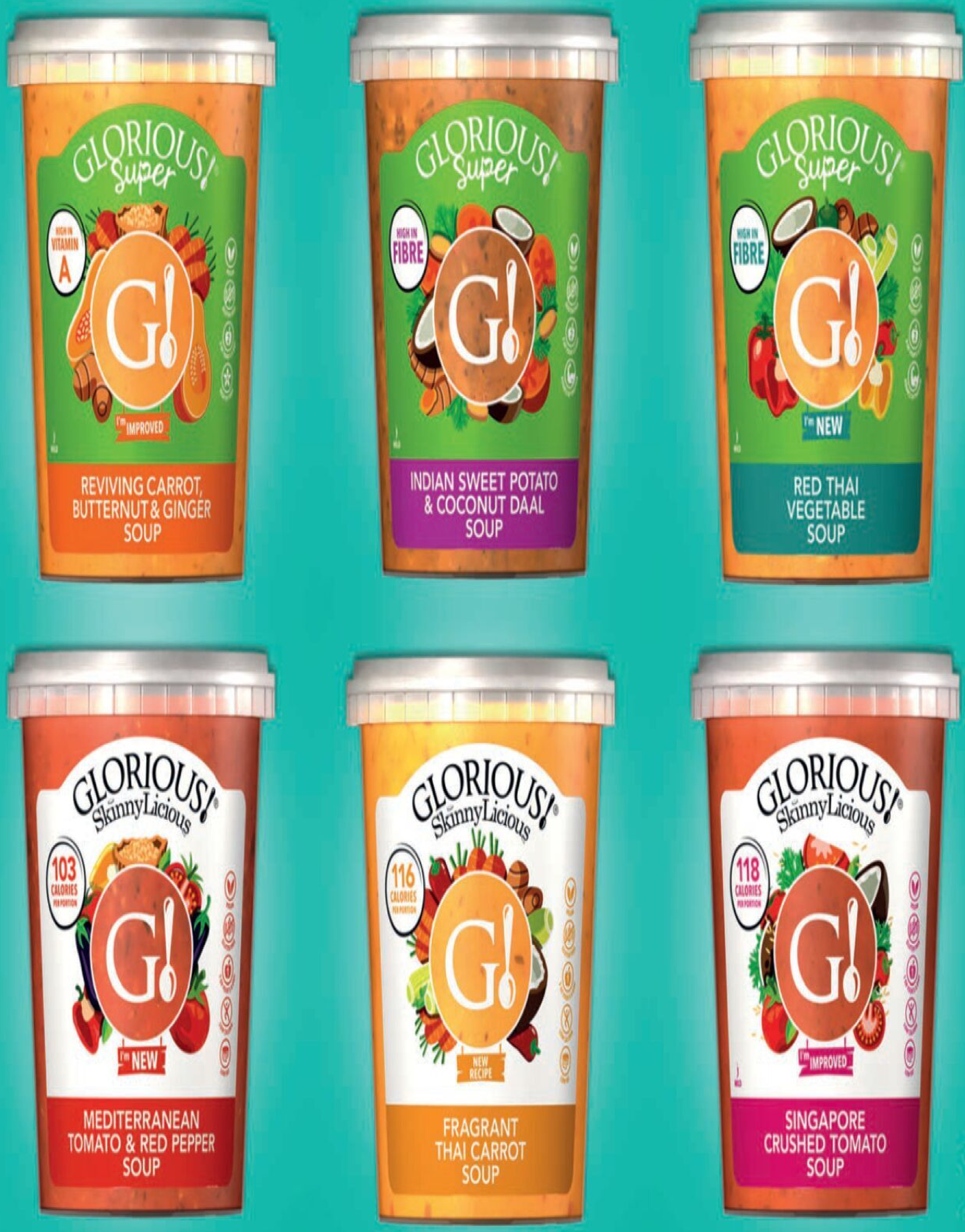
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TO-DO			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 Christmas Eve	25 Christmas Day
26 Boxing Day	27 Bank Holiday	28	29	30	31 New Year's Eve	

GLORIOUS!® SkinnyLicious Fragrant Thai Carrot Soup

No more boring carrot soup, try this Thai inspired carrot soup blended with creamy coconut, ginger and a hint of red chilli. **Say yes to a fresh soup that is under 120 calories per portion!** Glorious SkinnyLicious pots are a convenient healthy choice, low in fat yet packed full of adventurous flavour! Six of Glorious' soups are vegan - check out the range at **www.gloriousfoods.com** or on **Instagram @glorious_foods**

GLORIOUS!®

TRY OUR VEGAN OPTIONS...


GLORIOUS! Super
HIGH IN VITAMIN A
I'm IMPROVED
REVIVING CARROT, BUTTERNUT & GINGER SOUP
GLORIOUS! Super
HIGH IN FIBRE
INDIAN SWEET POTATO & COCONUT DAAL SOUP
GLORIOUS! Super
HIGH IN FIBRE
I'm NEW
RED THAI VEGETABLE SOUP
GLORIOUS! SkinnyLicious
103 CALORIES PER PORTION
I'm NEW
MEDITERRANEAN TOMATO & RED PEPPER SOUP
GLORIOUS! SkinnyLicious
116 CALORIES PER PORTION
NEW RECIPE
FRAGRANT THAI CARROT SOUP
GLORIOUS! SkinnyLicious
118 CALORIES PER PORTION
I'm IMPROVED
SINGAPORE CRUSHED TOMATO SOUP

IT'S THE TASTE!